NATURALLY

nude living and recreation

FALL 2010

PHOTO – KEN SCHWARTZ

Issue No. 76 — $9.95
DISPLAY TO END OF NOVEMBER

7 25274 87805 5 76

The Legend of Le Fille Nue

HULA HOOPING RETURNS AU NATUREL

Fun times at Show Me Acres

Crimean Skies are Blue Again

Photographer Charlie Simonds on breast implants

Internaturally Supplement, Nude News, Celebs, and More

BAY TO BREAKERS, 2010 – SAN FRANCISCO

PHOTO—LEIF HEILBERG

CONTENTS

ISSUE No. 76

Photo – Ken Schwartz. See "The Legend of La Fille Nue" – page 37.

6 THE FRONT
Naturist news, clippings, and reports from mainstream media.

12 Celebs
Nude reports on famous folks.

13 Pamela Green remembered
by Charlie Simonds.

16 Hula Hooping
The former fad is making a comeback, by James McDonald.

19 Fun times at Show Me Acres
The nudist experience through the eyes of an 11-year-old.

20 Show Me Acres
Jeff Lohr describes his favorite nudist getaway – Missouri's premiere weekend resort.

22 Crimean Skies are Blue Again
Naturists in the Ukraine are experiencing some resistance, but Peter Dietrich's naturist message moves forward undaunted with optimism, energy, and three more videos.

25 A visit to Breitenbush
Described as a place to "bring life into balance," by Sarene McGregor and Richard Bertram.

28 Wild about running
A great sport preferably done in the nude, by Janett L. Grady.

30 Abreast of the Times
A kind of "pillow talk," by Charlie Simonds.

32 Oh, to be in England
...and learning photo techniques from a naturist master. See the results by Duncan Laurence.

34 Nymph on the shore
Thomas Lundy is making another film, talking to a lot of nude women – including Theresa O'Shea.

37 The Legend of Le Fille Nue
Who was that beautiful young lady walking around naked in the woods? Story by Ken Schwartz

41 Art Follows Nature
Paul LeValley probes the Amazon where people unlearned clothing.

46 Mayan Nudes
It is forbidden for many Mayan women to be naked in Antigua, Guatemala, but a young artist has other visions, by Luke Armstrong.

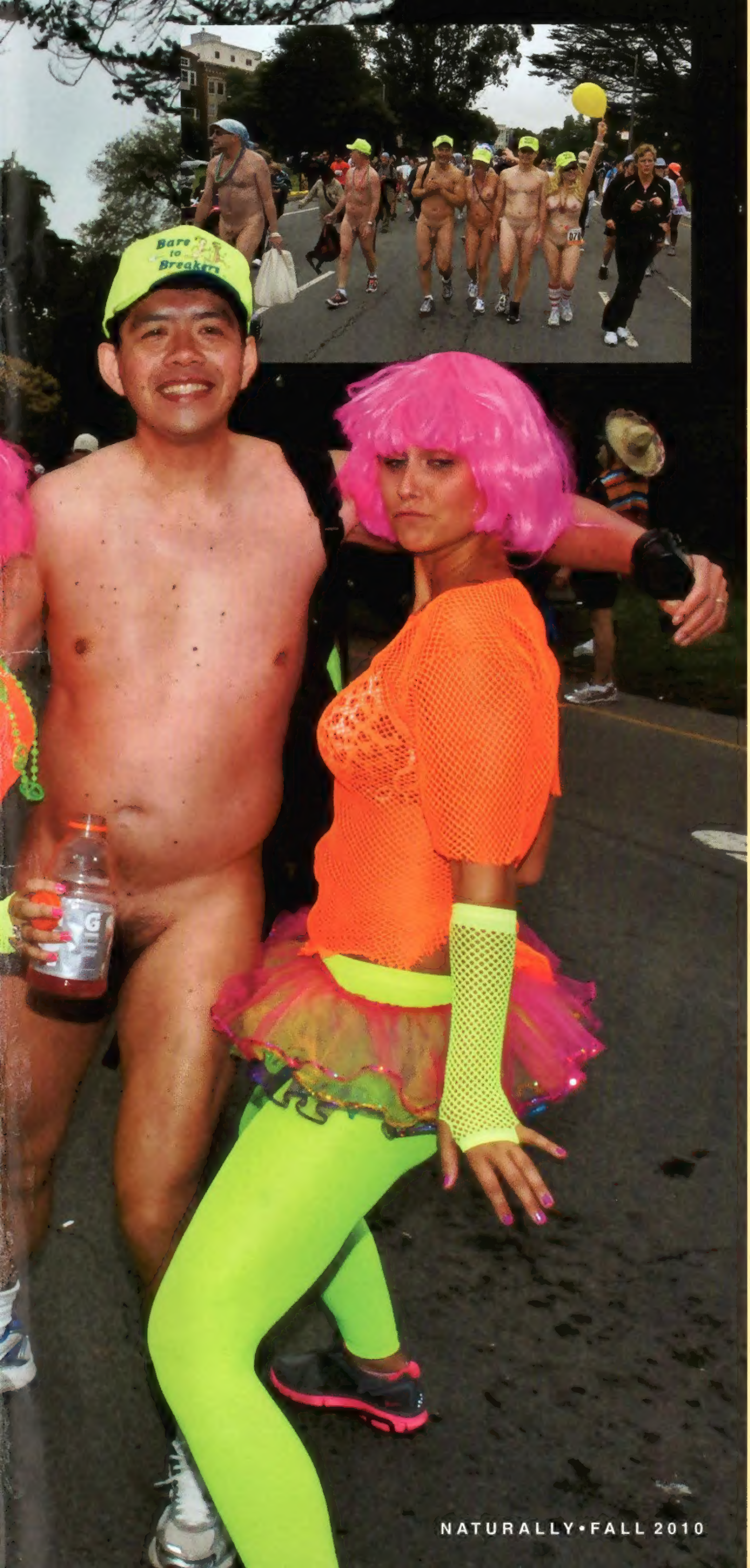
48 Sorobon Farewell
Sadly, another fine naturist venue gets dressed, by Frederick J. Gerty.

52 The Rear
Insider news, pictures, and announcements

58 Internaturally Supplement
Latest offerings from Internaturally.

BAY TO BREAKERS, 2010 – SAN FRANCISCO

PHOTO—LEIF HEILBERG



NATURALLY • FALL 2010

AUTUMN
2010

Internaturally

NATURALLY magazine is an independent quarterly publication of nude living and recreation for all ages, published by Internaturally, LLC.

Subscriptions are $32.95 per year (4 issues); add $14 for overseas and Mexico. In Canada add $8. Newsstand price per issue: $9.95. Flash editions of *Naturally* are also available online for only $6.50 per issue.

In Europe: *NATURALLY* magazine is available through Tower Productions, PO Box 13, Andoversford, Cheltenham, Gloucestershire GL54 5YB, England.

NATURALLY magazine's home page, interactive catalog, and travel agency division on the Internet:

http://www.Internaturally.com
http://InternaturallyTravel.com
http://www.NaturistGuys.com
http://www.Internaturally.com/members (news & forum)
e-mail: naturally@Internaturally.com
e-mail: travelassistant@internaturally.com
e-mail: buy@internaturally.com

NATURALLY magazine is offered to the coordinators of most naturist and nudist organizations, worldwide, as an exchange medium without charge, at the publisher's discretion.

NATURALLY magazine encourages reproduction of its content by nude recreation organizations for newsletters and other noncommercial use. When material is copyrighted by individual contributors — authors, photographers, artists, etc. — written permission must be requested. Any reproduction of contents for commercial use without consent is prohibited.

Chairman:	**Bernard J. Loibl**
President:	**Sherry Stafford-Loibl**
Administration:	**Shemya Bryant**
Customer Service Manager:	**Sherry Stafford-Loibl** **Shemya Bryant**
Research & Marketing:	**Pete Loibl**
Proofreader:	**Peter Easton**
Web Master:	**James Judge**
Printer:	**Dartmouth Printing, Inc.**

REGULAR CONTRIBUTORS:

Spain & Portugal	**Theresa O'Shea**
Art History	**Paul LeValley**
Short Stories	**Janett Grady**
Eastern Europe Connection	**Leif Heilberg/Viking** **Peter Dietrich**
Travel	**Sherry Stafford-Loibl**

Address all correspondence to:

NATURALLY
nude living and recreation

ISSN 1542-6475
c/o INTERNATURALLY, PO BOX 317
NEWFOUNDLAND, NJ 07435-0317, USA
Sales: (973) 697-3552; Fax: (973) 697-8313
Travel Agency: 973-697-8099
Office hours: 9 a.m. to 5 p.m. Eastern time
e-mail: naturally@internaturally.com
http://www.Internaturally.com

© COPYRIGHT 2010, INTERNATURALLY, LLC. LITHO IN U.S.A.

The FRONT

Nude on the UK tube

June 16th 2010 – Four nude actors surprised passengers and staff on the Underground at Charing Cross station recently.

The unclothed customers were promoting a new series of *The Naked Office*. Startled passengers witnessed the unconcerned cast walking through the station and boarding a train using briefcases and hand bags to cover up. The stunt was part of a TV show that advises office workers to strip off at work. Change specialist Seven Suphi says nudism boosts self confidence.

Says Seven Suphi, "For most people in the UK going to work in the nude is a very daunting prospect. I believe this extreme process will help them push their boundaries and become a close team that trust each other enough to get naked together."

The PR stunt was well received by morning passengers. However rail officials have been keen to stress the industry has no plans for similar initiatives.

railwaypeople.com

The Naked Office

Daring and controversial documentary *The Naked Office* returns for a brand new six-part series on UK TV Virgin1, following the success of last year's one-off summer special.

Sparking debate and reams of column inches, even being discussed on NBC's infamous *Today Show* and *ABC News* in the US, *The Naked Office* continues to attempt to help businesses get back on track by stripping away their problems using a revolutionary approach – going to work stark naked.

With the recession still in full swing and companies fighting to stay afloat, the series investigates whether working naked will help employees to break down relationship boundaries by increasing positivity and productivity and explore whether flashing the flesh is the ultimate office equalizer.

Rather than it being rude to go nude, the show follows six courageous British businesses across the UK; amongst them an organic fruit and vegetable delivery company, a fledgling online beauty booking business and a construction recruitment agency, as they brave going to work in the buff to try and become a better, happier workforce.

Source: virgin1.co.uk

Nude hiking in Switzerland is perfectly legal. – photo Robbert Broekstra

Swiss man fined for nude hiking wins appeal against "indecent behavior"

A Swiss man, who was fined for hiking in the nude, has won an appeal on the 100-franc fine he was asked to pay after a court decided the charge of "indecent behavior" did not apply.

The 47-year-old man refused to pay the fine, imposed on him after a woman, who saw him, complained to the authorities about his "indecent behavior."

He went to the court in eastern Switzerland's Appenzell Ausserrhoden canton to defend his right to hike naked.

The nudist's lawyer argued that his client was not behaving in an indecent manner, and that the woman must have followed him to observe his actions.

In addition, the lawyer noted that the canton's penal code did not prohibit hiking naked.

The hiker said he has been hiking nude over the past two years, and that he had always stuck to little used tracks, without any problems.

"We're not exhibitionists, we just want to be free," the *Telegraph* quoted the hiker's legal representative, who is also a nude hiker and who asked not to be named to protect his family members from harassment, as saying.

The court waived the fine on the nudist and instead ordered the state to cover legal costs of 2,000 francs.

Prosecutor Christian Boetschi says he has not decided whether to appeal the decision, and that the ruling should not be seen as giving blanket permission to hike nude in the area.

Hiking naked off busy trails is not a crime in Switzerland. But the unidentified hiker chose a path that passed a Christian rehabilitation centre and a woman reported him to police.

ANI

Since God created them, our bodies can't be shameful

Judy Williams, The Province
July 15, 2010

Nudist advocate Judy Williams takes aim at those complaining about nudity on a Surrey beach.

Surrey Mayor Dianne Watts, the RCMP and the hysterical female body-shame proponent who went out of his way to be offended recently at Crescent Rock Beach need to give their heads a collective shake. Naturists/nudists are also members of the public.

Under the Criminal Code it's up to each provincial attorney-general to consider prosecuting for nudity or for women choosing top freedom. B.C. courts have ruled that a person can only be convicted for mere nudity if the A-G consents, the person is behaving in a lewd manner or if the person is in full public view.

The B.C. Supreme Court has decreed that "mere nude sunbathing is not of sufficient moral turpitude to support a charge for doing an indecent act."

As Pope Paul II said: "because God created it, the human body is not, in itself, shameful."

Knitting group poses nude to raise money for autism

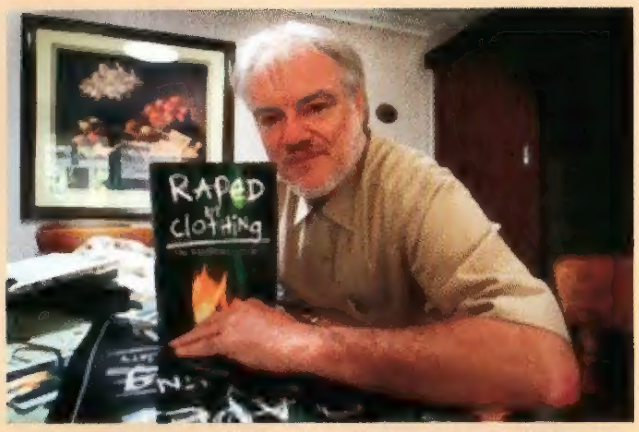
Wednesday, 07 Jul 2010 – TACOMA, Wash. – The Knotty Knitters are a knitting circle from Tacoma, Washington who dropped their needles and clothes to pose nude for a calendar to benefit the fight against autism.

The Knotty Knitters range in age from the mid-40s through their 80s.

Miss December, Eighty-something Carolyn Anderson, says that the photos are tastefully done.

Barbara Weber, who's 76, adds they posed in a way "not to show tatas and hoohoos."

source: myfoxcd.com



Picture: Bruce Hunt www.communitypix.com.au

Guido Nigro says parts of his novel have since become a reality.

Author: It's good to be nude

by David Gear, *Joondalup Times*

THE increasingly "nudophobic" nature of society was the inspiration for Greenwood [Australia] resident Guido Nigro's first novel.

A naturist since the age of 13, Nigro recently published *Raped by Clothing*, a fictional novel about a world where nudity of any kind is considered pornographic.

Nigro, who moved to Australia from Italy in 1981, said he was halfway through writing the book when the controversy broke surrounding Bill Henson's 2008 exhibition, which included photos of a nude 13-year-old girl.

"It was quite prophetic; what I was writing about seemed to be happening," he said.

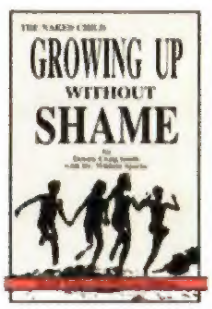
"In the novel I also write about how the Internet is censored, which again is now being proposed by the government.

"There is a push to associate all nudity with sex and sexuality, which is wrong; nudism is the very opposite of pornography."

Nigro said he saw a direct link between the repression of nudity and the increased sexualization of young people.

"What would we rather have – teenagers being exposed to nudity in an artistic setting in a museum, or for them to be sending nude pictures of themselves on their mobile phones?" he said.

Growing Up Without Shame



This hard-to-find book is still available, exclusively from Internaturally.
Here, the research of Dennis Craig Smith leads him to naturist camps and beaches to interview and survey adults who had grown up in nudist families. He found well-adjusted people who blatantly disprove the rants of so-called "experts." The book addresses the true effect of family nudity on the developing child and can be invaluable to anyone who is interested in learning more about the philological and emotional effects of growing up in a nudist family. 221 pages, 66 B&W photographs, 6 x 9.

SE01S **Softcover** **On Sale $19.95**
(add $8 p&h for one, add $2.50 for each additional)

Berlin Nudism Culture or Cheap Thrills

Jun 6, 2010 Danny McFie

The history of nudity and fresh air in Germany.

Freikörperkulture (FKK) or Free Body Culture was founded in Germany in 1903 by Heinrich Pudor, a onetime advocate of freedom who then turned nationalist. Nudity became an expression of the freedom of spirit and body. FKK is a phenomenon known especially in northern Europe but it has also taken hold in many other countries. Surprisingly, FKK also has a long tradition even in the generally considered prudish United States.

Due to the squalid conditions of many of the late nineteenth century buildings in Berlin FKK was a serious attempt for people to enjoy the outdoors in style. It offered the masses the possibility of light and movement; nakedness and freedom; all for the price of one entry ticket. Gymnastics was also done naked; in fact the first part of the word goes back to its Greek root, gymnos, meaning naked.

Nudism versus Exhibitionism

There are many places for nudists to go in Berlin. Berliners go to Wannsee, Plötzensee, Muggelsee or Lubars and they can even go to their local pool as there is normally a day reserved for naked bathers. A whole range of characters turn up to these sessions, such as students, the biologically aware, pensioners, tourists who like to see what a naked body looks like, and not to forget one or two local voyeurs.

Nudism is mostly a summer phenomenon although the fresh air loving Germans can start as early as March. FKK can be done outside; nevertheless for the hardy there is also an opportunity to have a near death experience when taking a Christmas plunge through some lightly frozen over lake.

Naturally, there are the individuals who extend the realm of nudity to the point of exhibitionism. A fellow in Potsdam was lying down naked in full view of the townsfolk on a busy pathway and this was at time where the traffic was almost as busy as at Times Square. Yes, there is a thin line between indecent exposure and showing your privates for political reasons.

Bratwurst and Bathing, East German Style

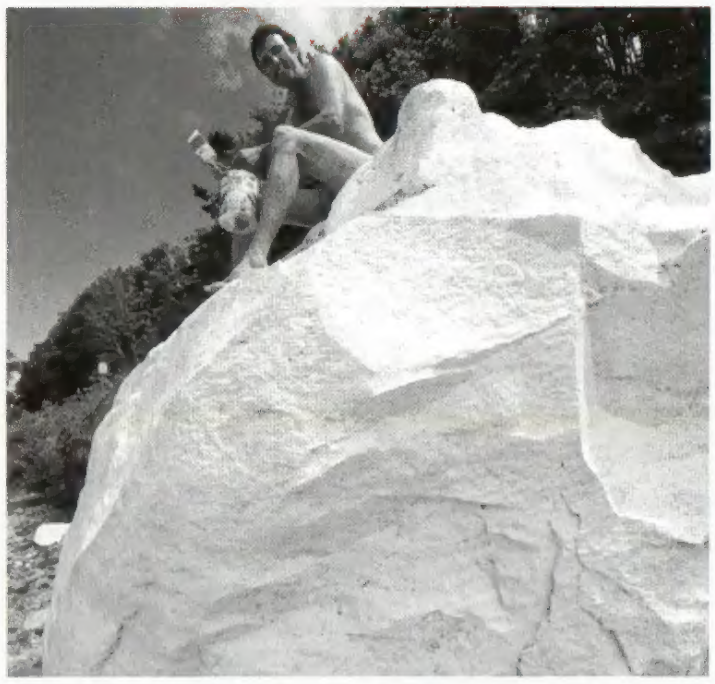
In East Germany it was as normal to go nude bathing as it was to eat bratwurst. Nudity in turn was a form of rebellion which was allowed. It formed a political discourse which turned the everyday grey into something injected with a touch of colour - pink.

Now why would Berliners and tourists want to go and do something like go nude? Firstly there are direct financial reasons: like not having to buy swimming trunks or a bathing costume. Equally, since no one has clothes there is no assertion of social status.

Read more at Suite101: Berlin Nudism Culture or Cheap Thrills http://adventuretravel.suite101.com.

The rock you see in this picture is intended for mature audiences only: It's nude

by Pete McMartin, Vancouver Sun



Last July around this time, someone took a couple of gallons of pink house paint, a couple of rollers and a couple of brushes, and painted the Crescent Rock Beach Rock.

Chances are, if you don't happen to live in the South Surrey-White Rock area, you have never heard of the Crescent Rock Beach Rock. Chances are you may not have heard of it even if you do.

The Crescent Rock Beach Rock is the smaller, less well-known sibling of the famed, and larger, White Rock Rock. Both are white granite boulders, and both were deposited where they rest by retreating Ice Age glaciers.

The White Rock rock, however, weighs 486 tons and sits in plain view of the town it gave its name to, while the Crescent Rock beach rock weighs 120 tons and sits in glorious obscurity on a narrow, hard-to-reach beach backdropped by a high wooded bluff and the Burlington Northern Santa Fe rail tracks. It's just south of the town of Crescent Beach.

Anyway, before it was painted, the Crescent Rock beach rock was a virginal alabaster.

After it had been painted, it looked as though it had been dipped in Pepto-Bismol.

Why someone would paint the Crescent Rock beach rock pink was never determined. Some thought it to be a grad prank. Some thought it might be a homophobic message aimed at the gays who sometimes suntan there. And then some thought it might be a reference to the beach's alter ego, that of being, unofficially, the area's version of Wreck Beach. For 50 years or so, Crescent Rock Beach has been an under-the-radar haven to a small group of nudists.

One of these is Don Pitcairn, who is 48, 6-foot-six tall and proprietor of a commercial gardening company. He also runs an ecotour company, Whistler Hot Springs Adventures. He was the Green Party candidate for Surrey-White Rock in the 2009 provincial election, winning 2,118 votes. He also is a community and environmental activist. He also writes a column called The Naked Truth for the online newspaper the White Rock Sun. He is known around town as "The Nudie Guy."

Pitcairn is a nudist, and president of Surrey's United Naturists, or SUN.

"I was 18 and going to UBC when I first sunbathed nude," he said. "I always loved sun-tanning, and there was Wreck Beach right across the road, of course, so I went. I was pretty shy about it that first time, and I remember keeping my shorts on."

In time, it became the au naturel thing for him to do. And at Crescent Rock Beach, he said, he was only following the example of nudists who had used the beach before him as early as the 1950s. The fact of this has not always gone down well with some locals and the local authorities, who have tried to discourage the nudism.

At this point, it should be said that Pitcairn has some proprietary interest in the Crescent Rock Beach rock. In a sense, he found it. For years, it sat partly covered under the debris of a small landslide and a layer of weeds and brambles. Its true size remained hidden. Five years ago, he and a friend, thinking there might be a lot more rock there than what they could see, started to uncover it, and they ended up with a boulder that was four meters wide by six meters high by eight meters long – about the size of a squash court.

So Pitcairn was stung when he found it had been painted pink.

As he had done for other rocks on the beach that had been spray-painted or had graffiti written on them, he considered removing the pink paint with Citrex, an environmentally friendly cleaning agent. The paint layer, however, was so thick it wouldn't work.

So, last Sunday, Pitcairn tried another means to restore the rock to its naked glory. He painted it. It took him all day.

"I asked the paint salesperson what the shade of paint was called," Pitcairn said, "and she said it was called 'nude.'"

People's reaction, he said, was positive. They were happy to see the pink eyesore go.

The refurbished rock will now be the centrepiece in the Second Annual World Record Skinny-Dip attempt held on Saturday, July 10, at noon. Last year's attempt attracted 45 skinny-dippers, Pitcairn said. This year he hopes it attracts more, including the civic politician, Pitcairn said, who was never a fan of the nude beach, Surrey Mayor Dianne Watts. "I'm going to send her off an invitation today," Pitcairn said.

The mayor, we hope, will grin and bare it.

vancouversun.com

Helmet law, you say? photo – 2.bp.blogspot.com

Nearly nude motorcyclist charged with failing to wear a helmet

2010/08/16 – CityNews.ca Staff – Toronto, Canada

A 40-year-old man was stopped by police and charged for not wearing a helmet while riding his motorcycle this past weekend in Hamilton. He also wasn't wearing pants, or underwear.

Police tried to stop the nearly-nude motorcyclist – he was wearing a T-shirt – around 4 a.m. Sunday. When he spotted the officers, he lost control of his bike, managed to steady himself and then took off.

Authorities managed to catch up with him a short time later. The man then tried to take off on foot, but the police managed to arrest him following a short struggle.

The man had been drinking, authorities said, but wasn't impaired.

Aside from failing to wear a helmet, the motorcyclist was also charged with flight from police and dangerous driving.

He wasn't charged with indecent exposure.

"No one else was around, it was just the officer and the accused," Acting Staff Sgt. David Hennick said.

With files from the Canadian Press

The Catalog

Everything you need to know about nude living and recreation – books, DVDs, magazines, travel offers, and more. It's the biggest illustrated naturist catalog ever produced. This beautiful, 88-page, photo-rich edition boasts over 1500 products, and includes full-page production photos to show off numerous titles offered. Just ask for *The Catalog*. There's nothing else like it; FREE with any order, from Internaturally, or alone for just $6.00 p&h.

The German penchant for freeing the body of clothes can cause outrage for British visitors, particularly when it happens in the English Garden in Munich!

Travel guides warn Brits off Germany

Old stereotypes die hard! British travel guides have warned tourists off Germany as a holiday destination – but Germans will either laugh or be appalled.

The first problem for Brits: Unfortunately Germans do not look like Germans. No Dirndls, no lederhosen. "Culture Shock Germany" suggests going to Bavaria for the best chance of such a sight [naturists].

Even somebody who wants to go to German beaches should be warned. In her book "Planet Germany," Cathy Dobson writes of her shock on finding respectable middle-aged couples parading around in public topless or "even naked."

Apparently even in public places – one of which is called English Garden – you could suddenly find yourself in front of a German naturism fan, grilling his bratwurst.

What the author found particularly fascinating was the abundant body hair, saying that the rest of the world invests enormous amounts of money to free legs and armpits of hair, while Germans seem to fertilize these parts of the human form instead.

Beer gardens are supposedly the scene of many dangerous mishaps, too: For example the benches which can fly up like a see-saw when someone at the other end suddenly stands up.

Germans can clearly deal with this but for the unsuspecting visitor, accidents are inevitable.

The autobahns are most dangerous of all, apparently. This is where the law of the bigger engine applies. Dobson stresses upon her readers that the left lane is reserved exclusively for Porsche, BMW and Mercedes drivers, with only dark-colored cars permitted.

Another curiosity in Germany is that cars are worshiped like "sacred animals" according to the travel guide. Don't touch! Don't lean against! Just worship!

Even the renowned "Lonely Planet" suggests in its Germany edition that Germans are not overly friendly at first contact, but that it should not be taken personally as they are just as curt with each other.

Bild.com

Nude "George Costanza" style on the beach

Police were called to Saxe Point Park [Victoria, BC] on a Saturday afternoon to investigate a report of a man on the beach taking nude photos of himself. The person who called in to complain also said the man appeared to have two blow-up dolls with him, police said.

Officers arrived to find the man "in the classic George Costanza nude-modelling pose," police said on the department's blog – a reference to the short, bald and bespectacled character on the Seinfeld television show.

The blow-dolls were actually two well-behaved dogs, police said.

The man admitted he was taking photos, some of which he planned to submit to a modeling agency, when police found nude and semi-nude images in his digital camera.

The man was not charged.

A week earlier, another man parked his car, set up a tripod, removed his clothes and began taking pictures of himself on a city street. That man was also not charged.

source: torontosun.com

Nudists attempt another skinny-dip record

MARCOLA, Ore. – Two-hundred-fifty naked people jumped in a swimming pool near Eugene Saturday to make another splash in the Guinness Book of World Records.

They weren't alone. Nudist clubs all over the world hosted events just like this one.

"It's relaxing," said nudist John Kinman. "It's fun. It's a sense of freedom. There are some great people here."

Last year more than 13,000 people all over the world helped set the record. This year's official numbers were not available in time for publication.

source: katu.com – published: Jul 10, 2010

Ashbury Park, NJ, 1909

Topless beach in Asbury Park rejected

by Wayne Perry - July 7, 2010

ASBURY PARK, N.J. — The Jersey shore city best known for Bruce Springsteen says it doesn't need any additional exposure: Asbury Park shot down a proposal Wednesday night to allow women to go topless on one of its beaches.

After hearing a report from City Attorney Fred Raffetto that two city ordinances prohibit public nudity, including simply going topless, the City Council declined to consider the proposal any further.

"There is no intention to change those ordinances," Mayor Ed Johnson said.

The idea was the brainchild of Reggie Flimlin, a yoga studio owner who has sunbathed without a top in Europe and Miami. She wants to do it legally here.

"It's a shame," she said when told by The Associated Press of the council's decision. "They had a real opportunity here to embrace women's rights in Asbury Park. It's discouraging."

Supporters say the topless beach would revitalize tourism in Asbury Park and create a new buzz surrounding the resurgent beach town. But others worry it would scare away families who recently have started coming back to the once-famous resort.

"My mother raised us to keep ourselves covered up," resident Stephanie Miller-Dekle said. "This is a family town. It would be a disgrace to be out there with children on the boardwalk and have them looking at body parts that don't belong to them. I'm proud of Asbury Park right now."

Flimlin said some women already bare their breasts on the beach. She said codifying the practice would give a jolt to tourism in Asbury Park, which she called "an edgy community."

The proposal would have enabled women to take off their tops on a beach in the city's north end.

excerpt: huffingtonpost.com

Inter naturally
PO Box 317, Newfoundland, NJ 07435-0317 USA
www.Internaturally.com
phone: (973) 697-8099

Naked students ride the "Nemesis Inferno" roller coaster at Thorpe Park in Surrey, southern England, May 21, 2004, during their attempt to break the world record for the most naked people to ride on a roller coaster. The group successfully set a new official world record on Friday with a total of 81 volunteers completing the attempt. [Reuters]

Naked roller coaster riders needed to help fund-raise for hospital

Southend – Volunteers willing to ride a roller coaster in the nude are needed to set a new world record while also raising funds for hospital equipment in one Essex community in the UK.

Fundraisers with Southend Hospital's Bosom Pals Appeal are looking for 40 people interested in riding The Green Scream, at Adventure Island, in Southend.
On the i–naked/i-nudist web site, Southend hospital's Barbara Warner is quoted as saying, "All we ask is that each person raises £100 for this great cause and keep other people in good health."

The money will go toward the purchase of items such as digital mammography machines and x-ray and biopsy equipment for Southend Hospital. This will allow the hospital to provide shorter examination times, and help in detecting cancer earlier. The Southend Standard reports that the current world record for nude people on a roller coaster is 32. That record was set in 2004, on the Nemesis roller coaster at Alton Towers, Staffordshire. A video of that ride can be seen on the i-naked/i-nudist web site. The new record attempt is scheduled to take place on August 8. Contact information for anyone interested in taking part can be found on the Southend Standard's web site. I-naked/i-nude states, "I think this is a great opportunity for naturists to show how much fun can be had at the fair ground without clothes on and raise money for a good cause."

On July 4, a thiathlon was held in Southend to raise funds for the Bosom Pals Appeal. More than 200 people took part in the event, raising thousands of pounds.

PHOTO – ROBBERT BROEKSTRA

Year-round bathing in Northern Scandinavia?

In Scandinavia, a nice dip in the sea is never far. Scandinavia has so much coastline, there are no crowded beaches and having the beach to yourself makes for a truly nice change. Even skinny-dipping in Scandinavia is allowed in certain areas.

But why only go swimming in the summer? You're probably thinking that it's too cold in winter. Well, you do have a point there. But those rules don't apply in Iceland: The Blue Lagoon in Iceland is a unique geothermal spa where guests relax in warm geothermal seawater all year. The fluorescent blue pool of water always keeps a temperature of around 98-102°F (or 36-39°C), which makes the Blue Lagoon such a popular destination in cold Icelandic winters.

Nudism in Iceland is done individually rather than in nudist groups and social gatherings, as nudism in Iceland is only now becoming more popular. Iceland has no official nudist/naturist groups (yet).

Despite the cooler weather in Iceland, this destination offers many hot springs and rural locations where you can be naked, and there are swimming areas in all regions of the country. However, there are no official nude beaches (a.k.a. clothes-free beaches) or dedicated nudist locations in Iceland.

This means that the Icelandic nudist location you picked may also attract other visitors, who aren't as open-minded towards naturism as you are. Note that the spas in and around Reykjavik generally do not allow nudity. The same goes for the Blue Lagoon.

Best Tip: Nudists in Iceland often select a remote location for naturist activities, or rent swimming areas/pools after hours. This is especially useful for nudist groups!

Source: Terri's Scandinavia Travel Blog – About.com Guide

Naked Cyclists Stopped

Seattle, WA – Over a dozen naked cyclists were stopped near Dick's Drive-In Seattle, Washington, on Friday night [July 23].

Police say the roughly 15 people caught riding bicycles either nude or partly nude were not arrested or cited.

The cyclists were riding in support of "World Naked Bike Ride" to promote cycling as a form of urban transportation.

Naked cyclist Daniel Johnson says the police interruption violated the group's free speech rights.

The World Naked Bike Ride was staged in many cities last month; however, the Seattle cyclists held off for warmer weather.

mystateline.com

SEATTLE – A letter from the city that took Daniel Johnson by surprise.

"The charge is for indecent exposure," he said.

If convicted, he could be sentenced up to 365 days and fined up to $5,000. And it's all for a bike ride he took in the buff back in September.

Johnson was among many others who also participated in the World Naked Bike Ride. But it appears the group's "nude, not lewd" message has hit a bump in the road.

"Sometimes it's a big pain in the butt – that's figuratively," he said.

He doesn't know who filed the complaint, but he says it goes against his quest for conversation.

"Simplify their lives, consider cycling. It makes such a huge difference in our carbon footprint," he said.

Johnson says he's disappointed there's now a legal reaction to a years-long practice in the city.

"Kind of a sad waste of taxpayer's money, especially right now. The city doesn't have money for this kind of thing," he said. "We'll see how far they want to take it, I don't know. The ball's in their court."

And if it comes to fighting back, Johnson is ready to ride.

winnipegfreepress.com

Tilley Endurables sponsors naturists

What does a well-dressed nudist wear? Nothing – except maybe a Tilley Hat.

Tilley Endurables, Canadian makers of the world-famous Tilley Hat, are an official sponsor of the Federation of Canadian Naturists/Federation quebecoise de naturism – nudists, to ordinary folks who wear clothes.

The company proudly runs an ad on the federation's website and has even made a special Tilley hat sporting the organizations' embroidered logos – sure to be one of the few articles of clothing on display at the federation's annual festival in Sharon, Ont., July 14-18.

QMI Agency

MISS LONELYHEARTS
Winnipeg Free Press – PRINT EDITION

Tell her to cover up her perky, new butt

by Miss Lonelyhearts

DEAR MISS LONELYHEARTS: My wife insists on sleeping naked all summer, walking around the house at night naked, showering with our toddlers naked. Well, she's butt naked just about any time there are no visitors. I can see her right now – not a stitch on. Is there something wrong with her? She wasn't like this when she was overweight. She even does her morning exercises naked beside the bed with everything flying – puh-lease. Now she's a fitness freak. I see her naked behind everywhere I go and it's turning me off. Why can't she cover up once in a while and make it exciting to see her naked again? I found it more exciting when she was fat and decent around the house.

– In My Face, West End

Dear In My Face: There's a difference between artsy nude and daily naked. In fact, Jerry Seinfeld did a whole show on it – you can rent the episode. Try to explain to your wife how you used to love the excitement of getting her out of her clothes but now she's naked so much of the time you're losing the mystery that turned you on. She may be showing off her new body to you to get noticed and praised. So, give her lots of praise for the changes she has made to get healthy, fit and sexy. "I love the way you look in those white pants, tight jeans, short skirts etc." The more you talk it up and praise her, the less she may feel the need to be naked and on display. Or, she may have just discovered the joys of nudism as a lifestyle and she isn't going to care about your arguments.

Would you consider a naturist holiday this summer?

Relaxnews – Friday, 30 July 2010

Naturism holidays are growing in popularity, and while it may not be everyone's cup of tea, it's a sure way to reduce baggage fees at the airport.

Earlier in July, the Irish Naturist Association called for some of Ireland's beaches to be designated nudist, saying that the move could provide a boost to tourism as 2.5 million people in the UK alone take nudist holidays.

Angela Russell, President of the British Naturism Association, agrees that interest in naturism is on the rise.

Commenting on the launch of a new "naked night," she said that "naturism is becoming more and more accepted and there is a growing desire among people with no experience of naturism to give it a try."

This week, flight comparison site Skyscanner has picked its top five destinations for an all-nude holiday.

Among them is La Jenny naturist resort in France, which boasts Europe's only naked golf course, and Spain's Naked Village, where 200 apartments make up a settlement of naturists who enjoy the freedom of roaming the streets in the nude.

Travel blog GoGirlfriend also picked its favorite nudist destinations this week, selecting Hedonism, a risque resort in Jamaica, and the upscale Sea Mountain Ranch Resort and Spa in California among others.

Skyscanner's Top Five Naturist Vacations

Naked Sauna - Kotiharju, Helsinki, Finland
Naked Golf - La Jenny, France
Naked Village - Costa Natura, Spain
Naked Festival - Okayama Hadaka Matsuri, Japan
Naked Scuba Diving - Buff Divers, Global

www.skyscanner.com

GoGirlfriend's Top Nudist Resorts

Sea Mountain Ranch Resort and Spa, California
Hedonism II & III, Jamaica
Desire Resort and Spa, Mexico
Hidden Beach Resort, Mexico
Vera Playa, Spain

www.gogirlfriend.com

Where to swim naked in the Bay Area

Just in case walking around in short shorts is not enough to keep the summer heat from getting to you, the *San Francisco Bay Guardian* has put out its annual list of what beaches to strip naked and walk around.

In the 36th edition of the annual report, amateur nudists are told where to find the best nude beach volleyball game (Baker beach in San Francisco) to where to sneak away for a quick ocean side nude walk during your lunch hour.

The guide will also tell you where to go to avoid a sausage fest and where to find the country's smallest nude beach (Santa Cruz).

The Guardian also promises to keep you out of trouble. It tells you where not to strip and if you are going to disregard local laws, what to keep in mind if you are going to go rogue. *nbcbayarea.com*

The popularity of nudist beaches has seen them appear around the UK

Holkham nudist beach threatened due to sex allegations

Naturists using a nudist beach in Holkham say they're being unfairly blamed for sexual activity that's reported to be going on there.

The police have received complaints from members of the public, one of which led to the arrest of a male.

But the people who enjoy the beach say it is not naturists who are at fault.

"Anybody who's been to that beach will know that it just isn't like that," said Andrew Welch, commercial manager of British Naturism. "I think the point that we want to make very clearly is that this is not activity that is being indulged in by our people who simply go to the beach to have a fun day in the sun, stretch out on the sand and get an all-over tan," he added.

British Naturism are working with the police in an attempt to clean up the beach's image.

"We're carrying out patrols of the beach both in our highly visible off-road police vehicle and on foot with the beach warden," said Sgt Andy Smith, Norfolk police.

"We're working alongside the regional representative for British Naturism who are also fully supportive in seeking to stop this kind of illegal activity," he added.

news.bbc.co.uk

British Naturism *"Nothing's better"*

NATURISM IN THE UK...
DON'T MISS OUT!

There's a lot happening in naturism in the UK, and it's a great place for naturist holidays with over 100 clubs to stay at, alongside caravan and camping sites, Bed & Breakfast, and high quality self-catering accommodation

You can also subscribe to our fully illustrated, 76-page, colour, quarterly magazine which is packed full of news, information, holiday reports and much more.

Naturist holidays in the UK? Nothing's better!
www.british-naturism.org.uk

BN magazine is published quarterly and is available to overseas subscribers for an annual payment of £21.00 or €30/US$42.00 (Europe) and £27.00 or €37/US$53.00 (Rest of the World)

CELEBS

FAMOUS FREE-BODY ADVOCATES

Enrique Iglesias: I'll water-ski nude to honor World Cup bet

"A bet is a bet" says pop superstar and Toyota Concert Series performer

by Mike Celizic

At least Enrique Iglesias doesn't have to worry about what to wear when he pays off a World Cup bet.

On the other hand, he'll probably think twice before he makes another rash statement of the sort he delivered a month ago to the BBC.

"I'm going to get drunk and ski naked in Biscayne Bay." That's what the hunky singer said when he got to talking about the World Cup and his home team's chances of winning it.

At the time, Spain had lost its first match and looked to have little chance of advancing to the knockout round, let alone winning the cup. That's why Iglesias blurted out to an interviewer that if his beloved Spain won, he'd water-ski for all of Miami in his birthday suit.

Of course, Spain not only made the next round of play; it won the World Cup Sunday with a 1-0 win over the Netherlands in South Africa.

So is the heartthrob crooner going to make good on his bet?

"A bet is a bet!" he told "Access Hollywood."

Iglesias will likely have more to say Friday, when he's scheduled to perform live on Rockefeller Plaza as part of TODAY's Toyota Concert Series. He at least can take comfort in the fact he didn't promise to do that without the benefit of clothing.

Long a top artist in the Latin market, Iglesias has become an enormous crossover star, with hit songs in both the Latin and English markets. His 21 No. 1 hits on Billboard's Hot Latin Tracks chart are an all-time record.

Iglesias' newest album, "Euphoria," is being released this month.

The son of Spanish singing legend Julio Iglesias, the 35-year-old said it won't be the first time he's water-skied in the buff.

"That is what we used to do when we were kids," he told the BBC.

He didn't add that back then, few were watching.

There's no word on what Iglesias' girlfriend, Russian tennis star Anna Kournikova, who's been photographed in the altogether a number of times herself, thinks of it all.

today.msnbc.msn.com

Olivia Wilde does nude scene for "Cowboys and Aliens"

The "Tron Legacy" beauty stripped off for a scene in the movie that involves a bonfire and 500 Apache warriors.

Olivia Wilde has at least one nude scene in "Cowboys and Aliens." The actress known for her portrayal of Thirteen in "House M.D." has just finished filming a scene that demands her to wear nothing but her birthday suit.

When asked about the nude scene, the actress, who stars as an elusive traveler named Ella, responded, "We did a scene where I'm naked in front of a group of a couple-hundred Apache. Pretty amazing, pretty interesting." She went on to express her thought of being a part of the project, "I do kick-ass in this. I love doing action movies. This movie is so much fun for me."

Based on the graphic novel of the same name, "Cowboys and Aliens" follows a mysterious gunslinger with no memory of his past. He is soon caught up in an Old West battle between the Apache and Western settlers that is interrupted by an alien invasion that forces the cowboys and Indians to team up and form a resistance against the extraterrestrials.

Directed by Jon Favreau, this action fantasy movie is headlined by Daniel Craig, who took the lead role after Robert Downey Jr. left the project due to scheduling conflicts. Sam Rockwell and Noah Ringer are among the cast as well. DreamWorks is set to release the movie across the United States on July 29, 2011.

source: celebrity-mania.com

Artist does nude bust of Michelle Obama

Sculptor Daniel Edwards has been doing controversial busts and sculptures of famous celebrities and political figures for some years now. His latest work is a nude bust of the First Lady Michelle Obama.

Now the question is did Edwards cross the line in doing a bust of Michelle Obama? Edwards is well known for doing pieces that are out there, in ways that have often stirred controversy.

Some of Edwards' most memorable pieces include Britney Spears on a bearskin rug, a nude study of Senator Hillary Clinton and Paris Hilton's naked "corpse." All of these pieces stirred up controversy and now he puts his focus on Michelle Obama.

source: globalgrind.com

Pamela Green (1929 – 2010)

Pamela Green sadly passed away on May 7, at age 81. She was by far the best known nude model of her generation and remained at the top of her profession for nearly three decades from 1946, with photographs of her appearing regularly in the pages of naturist magazines throughout this period. Her father was an enthusiastic artist and nudity within the family was the norm. Pamela had a creative talent and studied both at the Gloucester School of Art and, later in London, at the St. Martin's School of Art; during this time she posed as an artist's model to help pay the rent. In 1946, at age seventeen, she knocked on the door of Douglas Webb, a well known theatrical photographer. In her words: "One day a friend of mine said, 'You know, if you work for photographers they pay you a Guinea [21 shillings, or a pound and 1 shilling] an hour.' So I thought, 'Well, that's a bit better,' so I went up Greek Street and found a photographer called Douglas Webb, and I banged on his door and I said, 'Are you interested in figure models?' and he said, 'Well yes, let's have a look first.' So I undressed and he took some photographs. I did a sitting for him with a lot of white lilac, which I remember he'd nicked out of his mum's garden; His mum was not pleased." During the war Doug had joined the RAF and was awarded a Distinguished Flying Medal for the part he played as

the front gunner on a 617 Squadron Lancaster during the Dam Busters raid. He was an extremely accomplished photographer and, without doubt, it was he who took the most memorable pictures of Pamela. At that first session all went well until it came time to sign the release form for the session. Doug Webb noticed a particular article of clothing Pam was donning. He said, 'What are you putting on?' Pamela replied, 'My school scarf.' He said, 'Good God! How old are you?' She said, 'Seventeen.' Doug informed Pamela of the need for parental permission for such work. This, surprisingly for him, turned out to be no problem, as Pamela's folks trusted her better judgment. Doug later wrote about working with her: "Pamela has the rare gift of posing not just her body perfectly, but hands and feet as well, all in one movement." Doug also wrote. "This is the result of her dance training and the ability to take direction and concentrate on what she is doing, to the extent of moving a quarter-of-an-inch one way or another. Also, [she gave] a very great feeling of wanting the very best result possible, even when she was a paid model. Very many girls were a drag to work with, with the feeling that this was a job to be done through to earn money. Also, many of them do not know their right from their left."

In 1953 Pamela met George Harrison Marks, one half of a failed vaudeville act called Harrison & Stuart. Between them they launched a glamour magazine called *Kamera*. Pamela was very much the brains and creative talent behind the operation – she taught Harrison Marks about lighting and design – and it led her to the big time after she was spotted by Michael Powell who cast her as a nude model in his dark film *Peeping Tom* (1960). She was then involved with Harrison Marks in the film *Naked as Nature Intended* (1961), filmed (without a script – they made it up as they went along) in Cornwall and at Spieplatz. It was simply an excuse to show nudity on the big screen – though less than half the running time of one hour had any nudity in it – and it ran for 15 months in the West End. Doug Webb was the stills photographer on the film and he and Pamela started working regularly again from this time. She parted company with Harrison Marks who by that time had started a downhill slide into alcoholism – he died in 1997.

Pamela's partnership with Doug was a wonderfully symbiotic relationship, which produced scores of stunning nude images that will, without doubt, pass the test of time. Of this partnership – they were married in 1967 – Pamela wrote: "We want our work not to be just good, but superlative – the best anyone has ever seen. If others can appreciate this – great! If they cannot, then it's their loss, not ours."

In 1994 Alison Brown, my then right hand person in Parafotos, and I visited

Alison Brown and Pamela Green in 1994

Pam and Doug in their home on the Isle of Wight. We spent a delightful few hours in their company, which resulted in Alison conducting a lengthy and fascinating interview with Pamela that can be seen in our film, *Let's Get Naked,* Great Britain. Alison appropriately introduced her as the 'Dish of Three Decades and Legend in her own Lifetime.' In spite of her iconic status as the leading nude model of her generation, Pamela was both modest yet great fun, and with a wicked sense of humor. Our visit marked the start of a valued friendship and I subsequently continued to keep in touch with this truly lovely lady who I feel privileged to have known.

Doug was equally modest, particularly when I tried to get him to talk about his wartime experiences. He simply said he did what had to be done – sadly he died in 1996 without having achieved his ambition to publish the definitive photographic book about Pamela. In spite of this she has assured her place in history as probably the most stunningly beautiful ambassador for naturism of all time.

Charlie Simonds

Naked Fear

Anti-Body Myths, Delusions and the Madness of Modesty

Why do we admire nude statuary yet arrest real people for public nudity? Isn't this a puzzling and annoying conflict in our social landscape? Is nakedness dirty … or sublime? This question is examined at length by Dennis Craig Smith (author of *The Naked Child: Growing Up Without Shame*).

***Naked Fear* is now available:**
238 pages, 18 photos
$17.95 check or money order
Shipping: $3.05 (U.S. only)
Sales tax CA residents: $1.48

The Ultraviolet Press
POB 56701, Riverside, CA 92517

gonatural
for health and wellbeing

Published quarterly by the New Zealand Naturist Federation

Subscribe on-line
www.gonatural.co.nz
or write to:

***gonatural* magazine**
2704 SH63
Wairau Valley RD1
Blenheim 7271 NZ
Tel +64 3 5722681

2009 Subscription rates:
New Zealand $34.00
Australia $38.00
USA, Can, Japan $30.00
UK £17.00 Europe €25.00

Email: **editor@gonatural.co.nz**

NATURALLY'S

BARE BOTTOM BARGAINS

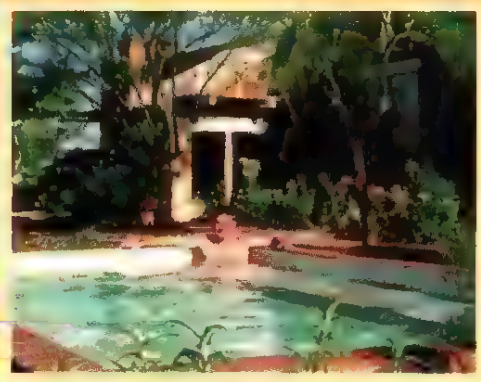
COMMERCIAL OFFERINGS FOR NATURISTS

AVALON — WEST VIRGINIA

Relax in the West Virginia mountains in romantic, affordable luxury. Located in an area filled with historic and adventure outings, Avalon is open year 'round and offers a full-service restaurant and lounge, and choice of accommodations, including new condos. Activities include tennis, pétanque, volleyball, hiking, fishing, swimming, dancing, and more!

Reservations: (304) 947-5600

www.avalon-nude.com.



TURTLE BACK MESA — California

A naturist B&B in the desert. Quiet solitude, fresh air, and the warmth of the sun mixed with a beautiful setting and natural hot water from the earth. Add starry nights, mountain views, and pleasant accommodations for an unforgettable experience in the natural way. Hike, swim, soak, relax, enjoy.

TURTLE BACK MESA
PO Box 2568, Palm Springs, CA 92263
Phone/Fax: (760) 347-5358.
E-mail: trtlbkmesa@aol.com.

PLAYA SONRISA

COSTA MAYA, MEXICO

A Casual Paradise for Couples.

Deluxe Bungalows w/ king beds, home-cooked meals, nude snorkeling. An exotic Caribbean escape without the exotic price.

www.playasonrisa.com
playasonrisa@yahoo.com
Phone from US:
011-52-983-838-1872

INTERNATURALLY TRAVEL

PO Box 317,
Newfoundland, NJ 07435-0317
www.Internaturallytravel.com
travel@internaturally.com
phone: (973) 697-8099

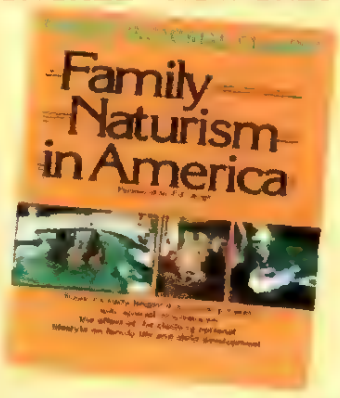
TERRA COTTA INN

CALIFORNIA

Pamper yourself in Palm Springs. For clothing-optional fun and sun, the preferred choice is the Terra Cotta Inn, featured travel destination, *Los Angeles Magazine*, "Best of L.A." issue. Its privacy, spacious rooms, lovely pool and Jacuzzi, breathtaking mountain views, sumptuous homemade breakfasts, and spa services make it a wonderful way to relax. Luxurious and affordable! Call for a free brochure:

1-800-SUNNY FUN
(1-800-786-6938).
www.palmsprings.com/terracottainn.

ON SALE – NOW ONLY



The companion book to Family Naturism in Europe is mostly a full-color photo-rich book. An excellent resource on nude recreation in the USA. The book also contains a section on nude recreation in Canada and Mexico, and many little-known facts about early nude recreation in America. 100 pages, 8 1/2 x 11 inches.

Internaturally, Inc.
LE17S Softcover $10.00
(add $8.00 ph for one, $2.50 additional books)

SHANGRI-LA RANCH

ARIZONA

A year-round clothing-optional guest ranch on 48 acres outside of Phoenix. Nestled between foothills in a pristine desert environment, with rental cottages, RV spaces, clubhouse, and restaurant. Amenities include tennis, volleyball, and bocce ball courts, pool, spa, and sauna. Affiliated with AANR.

Shangri-La Ranch
44444 N. Shangri-La Lane
Phoenix, AZ 85087.
Phone: 1-800-465-8760
or (623) 465-5959
joinus@shangrilaranch.com;
www.shangrilaranch.com.

FIREFLY BEACH HOTEL

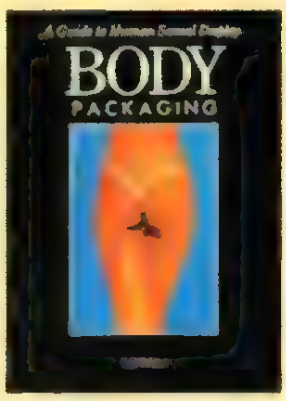
NEGRIL, JAMAICA

Enjoy our small, very romantic cottage and apartment resort on the famous Negril beachfront.

- For over 28 years our beach has been clothing optional and under the same family management.
- You'll like our affordable rates, great location and ambiance.
- For couples, families, friends and singles.

Phone: (876) 9574358
firefly@jamaicalink.com
www.jamaicalink.com

It's what you always promised yourself, and more.



Body Packaging

... a copiously and artfully illustrated book about body adornment in all its fascinating forms. Controversial and visually explicit, Body Packaging uncovers the coverings. 208 pages. A must for every naturist library.

SE28H Hardcover Sale $19.95
(Add $12 p&h for one, add $4.00 for each additional)

Internaturally
PO Box 317, Newfoundland, NJ 07435
Phone (973) 697-3552; Fax (973) 697-8313
www.internaturally.com

PHOTO ALBUMS of Canada's nudists and their parks!

Canada Naturally Book 1 — *Canada Naturally Book 2*

120 pages each
photo extravaganza
by Richard West
Now only $10.00 each

(Add $8 p&h for one, add $2.50 for each additional)

Internaturally
PO Box 317, Newfoundland, NJ 07435
Phone (973) 697-3552; Fax (973) 697-8313
www.internaturally.com

TWO DOLLAR SALE

Internaturally special. All back issues of *Australian Sun & Health* still available **$2.00 each**. (Add postage & handling $3. for one, $1.50 each additional.)

Hula Hooping

by James McDonald

In the eternal search for weird and wonderful naturist activities that may just provide real benefits, such as improved fitness, the art of hula hooping has been brought to my attention by a friend. She insists it provides effective exercise, which improves suppleness in the muscles and reduces stiffness in the joints without risk of injury.

I was at first inclined to think that hula hooping may just be another one of those cliché activities normally attributed to naturist beach activities, like throwing a beach ball around or a Frisbee. Nevertheless, my natural curiosity induced me to investigate further. Perhaps this activity, introduced to me during my early years at school, does have more going for it than simply imitating the undulation of sexual intercourse. In fact, the erotic aspect of hula hooping wasn't lost in Japan during the 1950s where it was banned for fear of mass impropriety.

Most of us will be familiar with the plastic hula hoop used today but

according to historians hula hoops were originally formed from reeds and vines for use both around the waist and for wheeling on the ground with a stick. The Ancient Greeks and Egyptians were the first recorded hoopers. It is likely hooping was a fad that emerged, regressed, and then re-emerged throughout the centuries; historians say that it was a craze in 14th century England with adults and kids holding local hooping competitions leading to a Grand Finale in front of a Royal audience. So heightened was the craze at this time physicians of the era recorded back injuries and even deaths from heart attacks.

The pastime was eventually labeled "hula-hooping" when Captain Cook reached the Hawain islands in 1778. Cook and his men discovered savages living on the island performing a ritual dance known as the "hula," which to the company resembled greatly the body motion used in hooping. Thenceforth hooping was known as hula-hooping christened by Cook's men. Cook himself was later murdered upon his return to the islands in 1779. It was reported in *The Times* that natives gave a farewell hula dance in his honor, albeit, without hoops.

Modern hula-hooping as we know it today with snazzy multi-coloured plastic hoops, emerged in the postwar era. The American Wham-O company latched onto the idea after a small Australian company initially tried the small scale manufacturing of wooden rings in 1957. The resultant product in 1958 was the glitzy plastic hoop and this combined with American zeal for marketing and production ensured the mass appeal for the product, making Wham-O partners Richard P Knerr and Arthur K Melin millionaires overnight. 25 million were sold in the first 4 months of sale.

Interestingly the product sold at the time for about $2 and according to my contacts in the States you can still buy them for $2 from Wal-Mart. In fact I bought 3 rather nice sparkly ones for £2 each from Tesco. Annulus miraculous indeed!

It is also interesting to note that Wham-O also gave us the Frisbee, another popular beach exercise pastime, dare I say it, popular with some naturists. Although the Australians lost out on the Hula Hoop they can at least claim greater sophistication with their Aboriginal Boomerang version of the Frisbee, which returns to the thrower automatically, something the Frisbee just can't do.

Hula hoops are not just for Christmas of course or just for the beach either.

PHOTO—LEIF HEILBERG

Many people around the world attend hula hooping classes to burn fat, tone muscles and get fit. Choosing the right size of hoop is the first step to take as most hoops on general sale are for kids. Sports shops will have adult sizes, which can be measured by resting the edge of the hoop on the floor; if the upper edge reaches your abdomen then you have the right size of hoop. This will ensure the hoop rotates at the right speed.

One of the difficulties many people find when hooping is keeping it up and preventing it from quickly falling to the ground. Many experienced hula hoopers use weighted hoops or hoops with a sticky tape, which allows one to rotate the hoop with greater control. Children tend to find the exercise easier because their bodies are much more supple and flexible than adults.

Health benefits hula hoopers can expect are strengthening of the waist, hips and knees. Regular practise should lead to improved physical co-ordination and flexibility in the spine. As an aerobic exercise hula hooping helps improve your cardio-vascular system, allowing you to increase your heart rate and lung capacity. It is also good as a gentle introduction to exercise if you are overweight as it isn't too taxing and will help you burn about 200 calories per half hour of continuous exercise.

Regular hula hoopers do it to music to jazz up their sessions and maintain motivation. If like me you are developing a middle-age spread then this exercise will burn stomach fat quicker than sit-ups and because it improves blood flow to the brain you should find it quite invigorating.

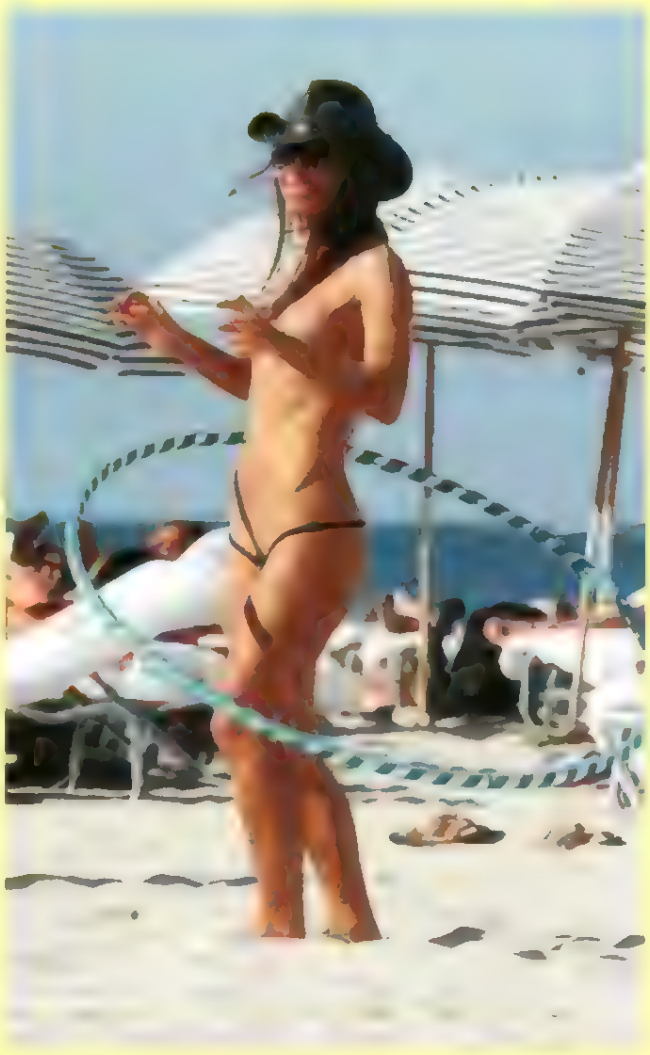
As with many other areas of human endeavor, hula hoopers have found their way into the record books. The first hula hooping record was set by a trio of 11-year-olds in Jackson, Mississippi lasting 11 hours and 34 minutes. More recently an amazing record of 90 hours was set by Roxanne Rose of the United States in 1987. The record for the most hoops twirled at once is 132, set by Paul Blair on Nov 11, 2009.

Running while hula hooping is another challenge that some couldn't resist. The 100 meter was run in 13.84 seconds by Roman Schedler of Austria, while the mile was run in 6 minutes 40 seconds by Kris Slomin of the United States in 2008. The 10 kilomter was run in 1 hr 6minutes 35 seconds by Paul Blair and Australian Boo Crystal Chan ran 10 kilometers for the women in 1hr 27mins 25secs. Wow! I couldn't run those times without a hula hoop.

Other remarkable hula hooping feats arrived in the year 2000 when the record for simultaneous hooping was achieved in Taiwan when 2290 participants hula hooped without dropping the hoop for over 2 minutes. In the same year Roman Schedler spun a 53 pound tractor tire for 71 seconds.

Hula hooping has also been offered as a form of entertainment in variety shows and street performances. One evening, attending the Edinburgh Fringe Festival, I noticed a female street entertainer working with glow-in-the-dark hoops. She must have been spinning about a dozen or more hoops while at the same time eating and breathing fire. The spectacle was quite outstanding and her body was like the ebb and flow of water, totally fluid with the combined effect of light and motion mesmerizing the senses.

So, is the Hula Hoop more than just a cheap plastic toy for kids? I think so; and I think you will, too, if you give it a try. Try it on your next jaunt to the beach or join a class where an instructor should help you get up to speed quicker than you would on your own. Happy hula hooping, everyone!



Anonymous posting: This fine young woman, sporting nothing more than a thong bikini, some pasties, and a cowboy hat, demonstrated the fine art of hula hooping on Miami Beach.

MY FUN TIMES AT
Show Me Acres

by Lexi S.
(Eleven-year-old niece of Jeff Lohr)

At Show Me Acres we have a pool and a hot tub. The pool is very big and the hot tub is a good size and it can fit about 20 to 30 people. Almost every night they have dances and it is very fun. You can get on the dance floor and shake your booty! If you go to Show Me Acres, I promise you will have fun because if I had so much fun you will too. My family also has so much fun when we go. I probably broke the world record for hula hooping at one of the dances. I hula hooped for two hours and I didn't even stop and it was so fun! The first time I went the pool wasn't even filled but they were filling it and I took a floaty thing you relax on and put it on the side and there was some water in the pool and I slid down it and it was fun. There is a kitchen you can use if you want to, and there is Ping Pong table if you like playing. You go to dances there, and when there is no dance during the day you can go in and relax and listen to the music. Oh, and when you sit by the pool, you can hear the music playing; and when you lay by the pool, you can walk right into the club house; and when you want to stay cause your having so much fun, there is a camping site you can stay at. There are some hotel rooms you can stay in, too. Oh, and let me tell you, they are very nice and I promise you will have FUN!

PHOTO—LEIF HEILBERG

MISSOURI'S PREMIERE WEEKEND RESORT

by Jeff Lohr

It's Friday and my coworkers keep wondering why I'm humming the tune to the classic television show Green Acres. They don't know it but in my head I've changed the lyrics just slightly. "Show Me Acres is the place to be; nude living is the life for me…" I can't help it but that tune seems to get stuck in my head because I know that soon I will get to go and see all my great friends at Show Me Acres.

The resort sits on 400 beautiful wooded acres centrally located in the state and is only 20 minutes away from the major tourist area – Lake of The Ozarks. As you wind your way along the 1½-mile lane that leads to the gate, you truly start to get that back-to-nature feeling. Every time I pass through that gate, all my worries and stress just seem to evaporate into thin air. Another work week has passed and now it's time for fun and relaxation!

The first thing you notice as you pull into the main parking area is the large pool, the extra large hot tub and the gigantic club house. This is easily the biggest club house I've seen at a nudist resort so far. Below the club house you'll find two bathrooms with two showers in each. Also below and to the rear is where the motel rooms are. The rooms are exquisite! They are very comfortable and each has a large shower with a bench seat built right into the wall.

If you like to camp, then this is definitely the place for you. The camp sites are large, private and very well maintained. There are plenty of locations to choose from, too. You can tent camp along the creek. If you have an RV, there are easily accessible sites on top of the hill. There is also a wide-open area called "Bare Circle," which is perfect for large groups that want to be close together. Our favorite camping spot is down along the creek. It's nice to fall asleep to the sound of the flowing water, the Whippoorwills and the nighttime wildlife. Sometimes, during a full moon, you will even hear the howl of a coyote off in the distance.

Another great activity is hiking. Numerous trails take you through a good portion of the grounds. You can get a detailed map to help you make your way. I don't think you will get lost if you stay on the trails, although it is easy to get turned around sometimes. My favorite trail leads down to a creek. If you follow this creek about another 100 yards, you come to a fairly decent swimming hole with a small waterfall and a cave. I actually crawled in the cave about 30 or 40 feet but came to a boulder blocking the way. The passage was getting tight at this point and I don't think it goes too much farther.

There is always something going on at Show Me. Most weekends have some sort of theme like Christmas in July, Hawaiian Luau or Wine and Cheese. Also about twice a month they have pot-luck lunches or dinners. I enjoy every weekend at Show Me, but I really love the pot-luck weekends. I'm the kind of guy who loves to eat, and

there is always plenty of great food to keep my belly full. I hope all the cooks don't think I just love them because they make such good food!

The nightlife is always fun, too. If there's not a dance, then there is probably some sort of live entertainment. Twice now, we've seen a good Willie Nelson impersonator. The first time we saw him I thought it was the real Willie. He looked and sounded like the real Willie I think maybe it was him but he just didn't want anyone to find out he was playing at a nudist resort.

Another time they had an awesome band featuring a saxophonist called "Sax on The Beach." They played lots of everybody's favorite hits and dance songs; everyone was dancing, even those who usually just like to sit and watch. While this band was playing our niece did the hula hoop for two hours straight! Amazing!

The most entertaining show we've seen so far has to be the Comedian / Ventriloquist act called "Keith and Company." It was "freaking hilarious," as my daughter says. His puppets were unbelievably funny and you can just imagine some of the "nudie" jokes that were coming out of their mouths. The puppets weren't the only ones telling funny jokes. He also brought up unsuspecting members from the audience and dressed them like silly animals and then made them all talk like his puppets. Everyone had a great time and I sure hope he comes back again soon. This was also the first time that Keith had performed his act in the nude. Way to go Keith!

But besides the fun and relaxation it really comes down to all the great folks that make Show Me Acres such a nice place. We have made so many great friends who are just like family to us now. It really helps us get through the busy work week knowing that on the weekends we get to see our friends.

I would like to send out a big "Thank You" to Bob and Diane, the owners of Show Me Acres, for all their hard work and dedication. Because of them we have a comfortable and safe environment where we can bring our families to enjoy our clothes-free way of life. Our 11-year-old niece is staying with us for the summer and she loves going to Show Me Acres. Please see her short story about the fun times she's had so far in this issue.

Show Me Acres: (573) 377-4348
www.aanrmidwest.com/showme

[illegible] Bob, the owners of Show Me Acres

Crimean Skies Are Blue Again

by Peter Dietrich

The sea is warm and welcoming, the sun is high and bright, and our friends have travelled south again to seek the brightest light. Yes, it's already been one year since we were last here, and everything is in place for a new season of fun and games in the most extraordinary landscapes and seascapes of our favorite destination: the Crimea. It's time to let our hair down then and seek out those exhilarating experiences that will rebound in images and sounds, as we play and sing and dance across the deserted shores and mountains.

Koktebel welcomes us with open arms at the beginning of the new summer season, and the beaches are relatively empty still as we come to place our footsteps again. Already we cast off our winter blues and open our arms to the warm sun that greets us from the beginning. Yes, this is our Crimea, and all the changes that have occurred over the past few years have not really affected the soul of our favorite resting place.

New cafes are almost ready to be opened. Old cafes are still there to welcome us. A few old friends also. But mostly we find ourselves alone right now, our group one of the first to reclaim our rights to be free and naked on this once very-public beach. Now things are not so clear-cut however. One afternoon, while filming some of our group in a giant plastic ball on the sea, a new owner of one of the cafes appears and asks us to stop filming, or he'll call the police! I kid you not. We explain who we are and what we are doing but he mumbles something about "porn" and hurries back to the shelter of his empty café. True, we were at the textile part of the beach, but all the same, it was deserted and we were filming only our people! Strange attitude and a bad one to be felt here where tolerance was always the keyword in all our venues.

A few days later, a similar experience. Luiza was celebrating her 12th birthday, and we had set out all the trimmings, cake etc., near the small mount at the far end of the naturist beach. No sooner had we got underway celebrating – and filming – another so-called "official" came along and asked me to stop filming, unless someone objected! Speechless, we again explained who we were, in vain. It seems that tolerance is a word from the past, or is it just out of season? Worrisome, whatever.

The rest of our sojourn we spent at other places, away from the main beach, where interference was non-existent and we managed to get some great new work done, including horse riding in the mountains and the making and burning of our Chuchilla again, this time with a sting in the tail! Look for the films, which are now available at Internaturally. We also celebrated Luiza's 12th Birthday, naturist style, another great movie in the bag.

Filming Happy Birthday Luiza.

But all in all a sad kind of doubt came creeping into our souls this early summer, and I have to ask myself the true causes. Too many pirate paparazzi-style photos and films flooding the Internet over the past couple of years? Unscrupulous money-makers who have been cashing in on the tolerance I established over the past 10 years? Whatever, I sincerely hope that when we return later this summer, with the full holiday season in full swing, the inherent tolerance that was always the backdrop of Koktebel beach will be there again, and we will be able to laugh and sing and make our films as always, because that is what our Crimea trips are all about. We would hate to see it all washed away because of some serious misunderstandings.

Whatever, the new work is done, the sea and the mountains are calling us back, and all being well, we will go back, and we will continue to work in total natural freedom as we see once and for all that the Crimean skies are truly blue again.

The four new titles include: Horses & Other Planets; Happy Birthday Luiza; Crimean Skies Are Blue Again; and New Crimean Dreams. See the Internaturally Supplement in the back of this issue for details.

A visit to Breitenbush Hot Springs

by Sarene McGregor and Richard Bertram

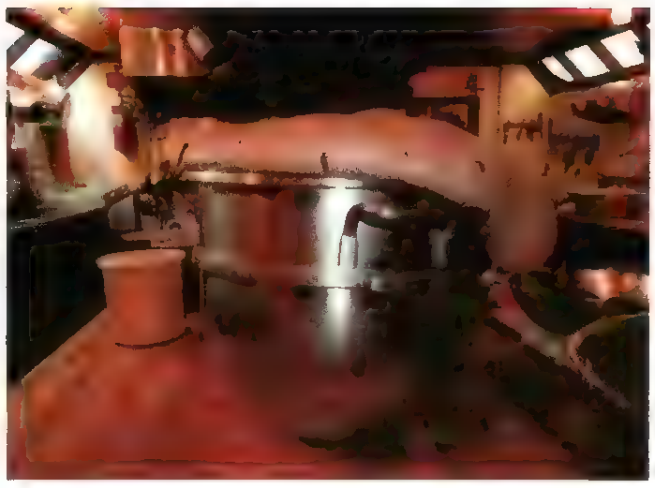
During the late spring of 2010, Rich and I made what was his fifth trip and my sixth to the most magical place in this country. My introduction to Breitenbush took place seven years ago when I attended one of the many workshops offered there. Breitenbush is described as a place to "bring life into balance." The Breitenbush community is a small private community in Oregon, nestled in the southern Cascade Mountains. It consists of a small group of individuals living in a sustainable, intentional, community. The community is "off the grid." The hot springs provide all of the hot water and heating, and the river provides hydroelectric power for the entire facility. The community is supported by the services they provide. They offer a healing retreat and conference center that promotes holistic health and spiritual growth and facilitates the gathering of people in celebration of the experience of life. Cabins, tents and rooms can be rented, and individuals can go to enjoy their own private retreat. Three delicious (either vegetarian or vegan) meals a day are included in the daily cabin fees. Fees also include access to all of the soaking hot spring areas. Three of the soaking areas are built into the meadow overlooking the Breitenbush River. These tubs are lined with smooth rocks. Below the meadow closer to the river four tiled Spiral Tubs are aligned in the cardinal directions with increasing temperatures and are joined by a cedar tub cold plunge. The Steam Sauna is a cedar cabin, which nests above bubbling waters. All of these areas are clothing optional, but almost everyone soaks nude.

After arriving, people park their cars, check in, then grab a cart to walk their belongings to the cabins. On our last visit, we parked the car and did not go back to the car for an entire week. There is no cell phone service or Iinternet access, but there is little need for such things when there is hiking in ancient forests, delicious food, music on some evenings, and a beautiful sanctuary available at all times for reflection, meditation and yoga. There is also a gift shop that offers a large selection of books and artisan crafted gifts.

Hiking the National Forest trails at Breitenbush is one of the highlights of our visits. The river hike is an easy 4-5 hour hike along the Breitenbush River. Some of the other hikes meander

through what is called the Emerald Forest. Another trail, much more challenging, takes hikers to several peaks that overlook the mountains surrounding Breitenbush. On each of our visits, we have removed clothing as we hiked the national forests. On one of our visits, a couple of years ago, Oregon was having a heat wave, and there was a wonderful spot on flat rocks on the side of the river close to the community where we found many nude bathers swimming in the cool river.

Food served at Breitenbush is an experience in itself. Meals are served buffet style and are organic, fresh, and all made from scratch. The community cooks choose to use no caffeine, white sugar, meats or fish. (We always take our own coffee, which we are able to prepare ourselves.) Nothing canned, frozen or processed is served at Breitenbush! Vegan options are offered and sack lunches perfect for taking on a hike are provided if you notify the



Bread rising in the Breitenbush kitchen.

kitchen staff the night before. Scones, muffins, breads are all filled with fruit, nuts and various grains. Eating this delicious food is only half of the experience. We always sit "family style" and meet various attendees of many of the different workshops offered. Conversations normally go way beyond the dining hour.

On each of our visits we treat ourselves to a 90 minute massage. The massage cottage sits on the river. During the massage, the windows are opened and you can hear the music of the rushing Breitenbush River outside!

The lodge which is connected to the dining area contains a large beautiful room that overlooks the river where many of the workshops are held. The lodge also has a library and common sitting area with a piano. A deck with tables extends along the front and back of the lodge allowing people to eat outside, weather permitting.

For hundreds of miles around Breitenbush, Native American tribes used this area as a place of gathering, healing and ritual purification. In more recent years, hunters and trappers were the first white men to visit this area. The land was bought in 1977 by Alex Beamer, who had a vision of creating the healing retreat and conference center that it has become today.

As we arrive at Breitenbush, we are always greeted with, "Welcome home." And it always feels like home by the time we leave.

At Devil's Creek

In the Emerald Forest

Poem written by Sarene McGregor after her first trip to Breitenbush

River and ancient forest,
Silence me
So I can hear the flute's
Sweet song and the
Rapid river waters sing
In harmony.
River and ancient forest,
Silence me
So I can see the
Steam rise above
Earth's heated waters
And the morning's first deer
Graze on white moss.
River and ancient forest,
Silence me so I can
Taste the simple richness of dark
Bread, dill and summer fruit.
River and ancient forest Silence me so I can
Feel the gentle wind,
The soft rain and
Warm rocks as I soak
In your sacred pools.
River and ancient forest,
Silence me
So I can smell
The meadow grasses,
Wild roses and
Dew soaked earth.
River and ancient forest
Silence me.

Crossing the Breitenbush River

WILD ABOUT RUNNING

by Janett L. Grady

Photo by Pete Williams to help promote this year's 5K run at Caliente Resort in Tampa, Florida.
See his article on page 57.

First of all, don't get me wrong, when a man is going to be naked in front of other people, he has every right to be a little concerned about how he looks, about the extra weight he may have gained and so forth. But who cares? I mean, really? Younger men, of course, try to stay in shape, but once they reach middle-age, it turns into an obsession. Or, so it seams.

Take Sam, for example, a man who now thinks running is going to keep him looking like Arnold Schwartzenegger. When Sam first reached middle-age, it seemed like a good idea. I wanted him to stay in shape. As I sat in my chair reading *Naturally,* my hero would trot off and return fifteen minutes later, huffing and puffing. What could be more ideal? Running would keep him in shape, could be done at his own convenience, and was absolutely free.

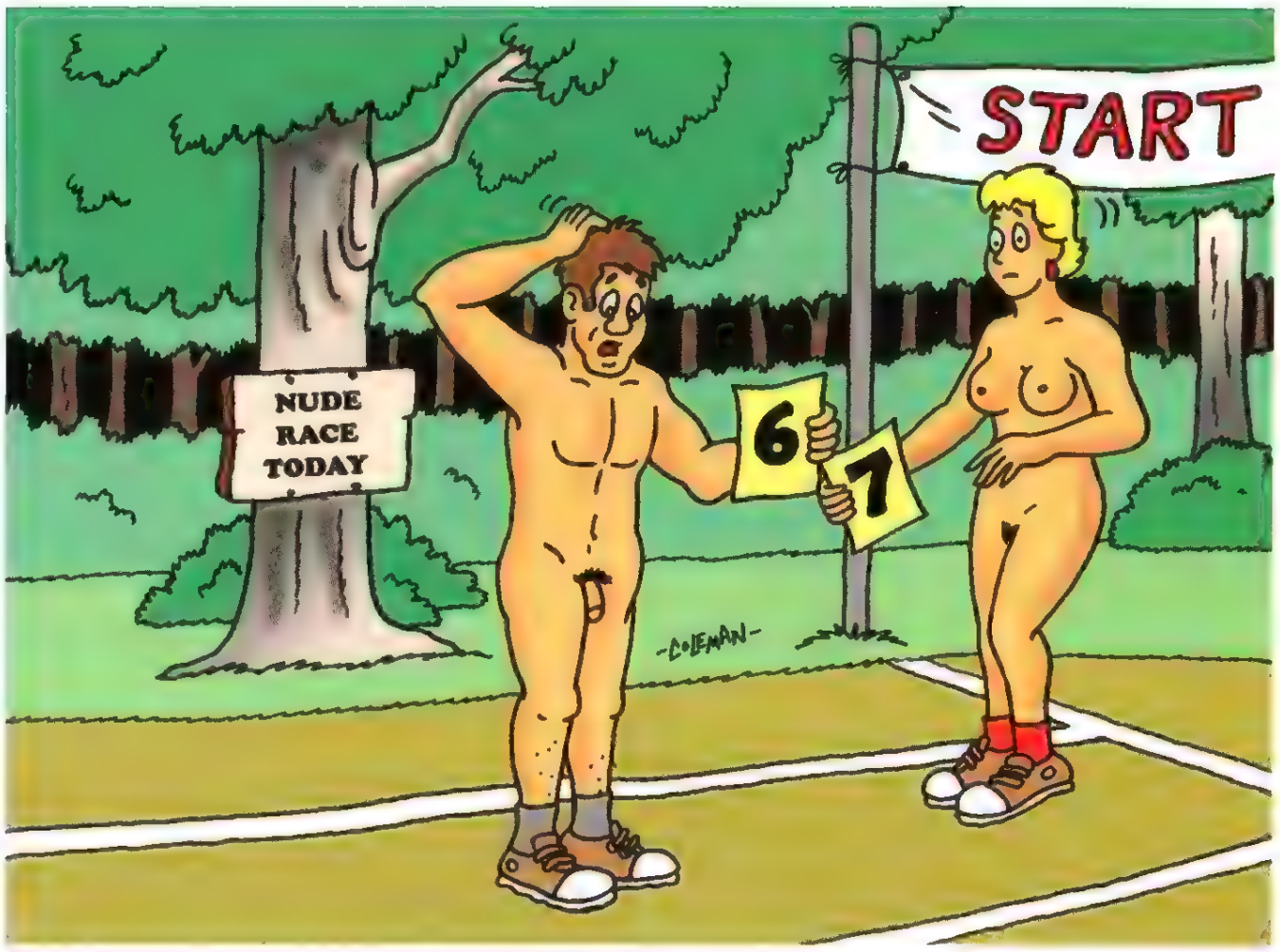
The changes were subtle at first. He gave up beer and chips and began eating fruits and vegetables. Now and then, I'd catch a glimpse of a running magazine open on the coffee table.

Gradually, the distance he ran increased from around the block to a mile, and then to a marathon distance of ten miles, from our home in the woods to the small town of Palmer and back. While he was gone, I'd finish *Naturally*, the daily newspaper, including the crossword puzzle, and read a few chapters of Cec Cinder's *The Nudist Idea.* I was beginning to think the ideal exercise was getting bigger than both of us.

He began to talk about running all the time. It crept into our breakfast conversations, our just-before-you-fall-asleep talks, our farewells. It also became the main subject of our written communications: "Gone for a short jaunt. Be back soon. Love, Sam." And I kept spotting the words "Get Gatorade" at the bottom of my shopping list.

I learned that any runner, and real runner, must have a few basic pieces of running equipment. Over a short period of time, my hero accumulated a dozen pair of running shorts, sweat pants, two warm-up suits, foul weather gear (waterproof suit and hat), and three glow-in-the-dark vests. Also (since the joy of running includes the joy of profuse sweating), each day's outfit required laundering, preferably within minutes after being shed. Gone was the exercise that was absolutely free.

It's true, too, that my hero spent money on his feet, but it's also a fact that in spite of expensive running shoes, blisters plagued my trotter's toes.



" HOW ARE WE SUPPOSED TO PUT THE NUMBERS ON? "

Before running, the toes are smeared with Vaseline. After running, lengthy examinations and certain surgical procedures involving needles waved through matches are performed. Next, gauze pads, Band-Aids and adhesive tape are applied. All is then stuffed into a white sock. (This particular sock, by the way, contains just the right percentage of cotton and polyester and was the result of many shopping excursions. It has emerged the favorite over dozens of pairs of once-hopefuls. My hero considers himself lucky because some runners never find the perfect sock.) After a few dabs of liniment to a calf or two, my runner's ritual is concluded. Total time: too much. Total price: certainly not free. Total impression: the man looks great in the nude.

My fifteen minutes alone and wait time was evolving into a period of hours. During this time, I'd read through a few old issues of *Naturally*, tackle the *New York Times* crossword puzzle, finish another chapter in *The Nudist Idea*, and fool around with an outline for a new book entitled "How to Stay in Shape When You're Over Fifty."

Once a runner's run from home to town and back becomes routine, the things a best friend might have complained about become worse. New horrors emerge. All stops are pulled because, lo and behold, the city of Anchorage looms on the horizon over forty miles away. Nothing but the best is now a necessity because the one item skimped on could be the cause of an injury.

My hero's toe problem convinced him that two-hundred-dollar running shoes were the only hedge against foul feet. And while we were in The Runner's Shop looking at shoes, the clerk talked us into tiny little short shorts to match the shoes, and then into a shirt to match the shorts, which matched the shoes. "It'll help you breathe," said the clerk, or something like that was said. I wasn't listening. We were paying a very large sum for what looked to me to be a pair of sneakers, teeny-weeny short shorts and a shirt full of holes. Then, in keeping with the spirit of things, my hero bought a half-dozen magic-blend socks and the entire line of Desenex foot-care products.

His training schedule, clipped from some authoritative source, was posted on the refrigerator. . . ten miles one day, fifteen the next, and so forth. I ended up with enough spare time to finish writing my new book.

"I'm going to run into Anchorage on the Fourth of July weekend," he said.

"I'll follow you in the car," I said, and he laughed.

"Why don't you run with me?" he asked, and I laughed.

One night a few days before the scheduled event, my hero limped past me to his favorite chair, amidst a waft of Ben Gay. He set down his foot and began tending to his tortured toes, at the same time pretending to watch Leno on TV. When I noticed he had finished taking his at-rest pulse, I casually asked, "Hey, Love, how are the new running shoes working out?" kindly withholding the phrase "two-hundred-dollar running shoes."

"They're taking longer to break in than I thought," he replied. "I think I'll wear the old ones for the run into Anchorage. I don't want to hurt my feet."

"Oh, hell, no," I said. "That wouldn't make any sense." My tongue was developing a permanent indentation from the biting it had been taking. "How's your wind?" I asked him.

"I'll make it," he grinned.

On the morning of the big day, we awoke to a cloudy sky and a cool breeze.

"Good running weather," he said, twisting an orange into juice.

"I guess so," I replied. "Too bad you can't run in the nude. You look great."

"Thanks," he said. "Maybe I should."

At nine o'clock, my runner was out the door, off and running, and I followed him in the car as he placed himself along the trail at the side of the road. Watching him run, I found myself wishing for a world in which clothing was entirely optional, determined by considerations of comfort and protection, not modesty and propriety. I envisioned women drivers slamming on the brakes for a closer look at my favorite runner. The thought of it made me laugh. Eight hours, two minutes and four seconds later, I was parked in the lot in downtown Anchorage, and after jogging along for exactly thirty-six and two-tenths miles (according to the odometer), Sam sprinted toward me and hopped butt first onto the hood of the car.

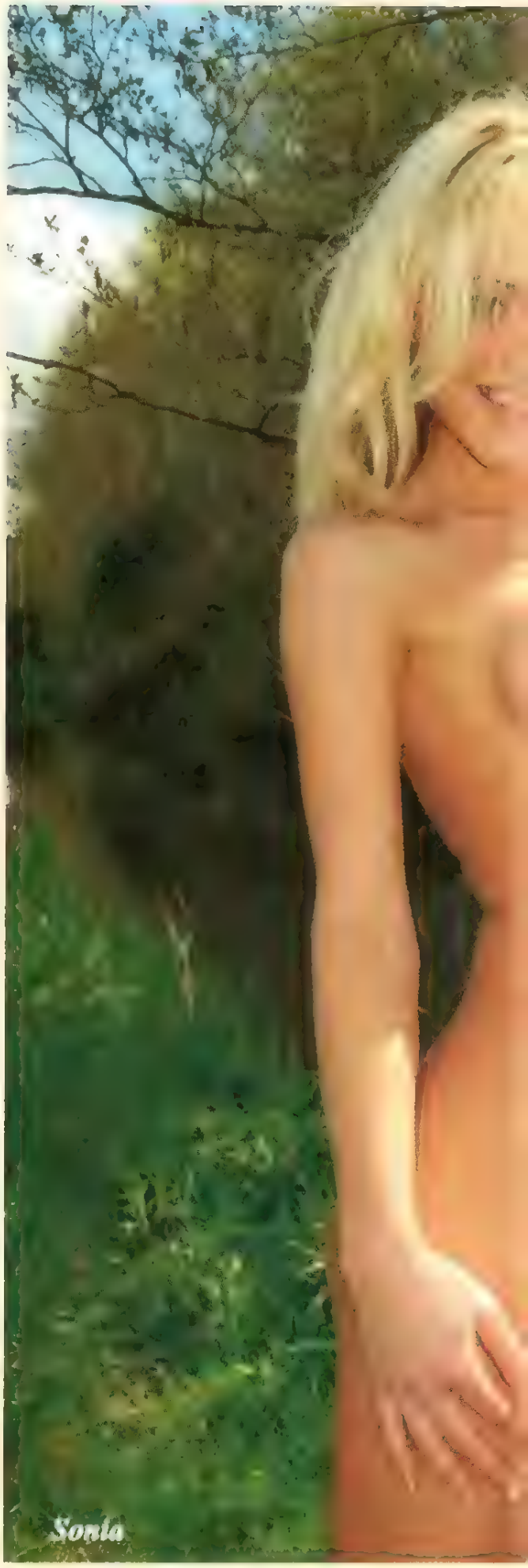
"How do you feel?" I asked. "Tired?"

"Nothing to it," he said, and then, after a pause to catch his breath, turned and smiled at me. "Hey, Love," he said, "take a look in the glove box."

I opened the glove compartment and found a brochure, a reservation for two at Maui Sun Club in Hawaii, and plane tickets to get us there.

"Surprise!" he shouted. "It's a nudist resort. We'll run on the beach." He pulled off his shirt. "Naked!" he shouted. "What do you think? Join me?"

"I'll try," I replied, and decided right then and there that running wasn't such a bad idea after all.

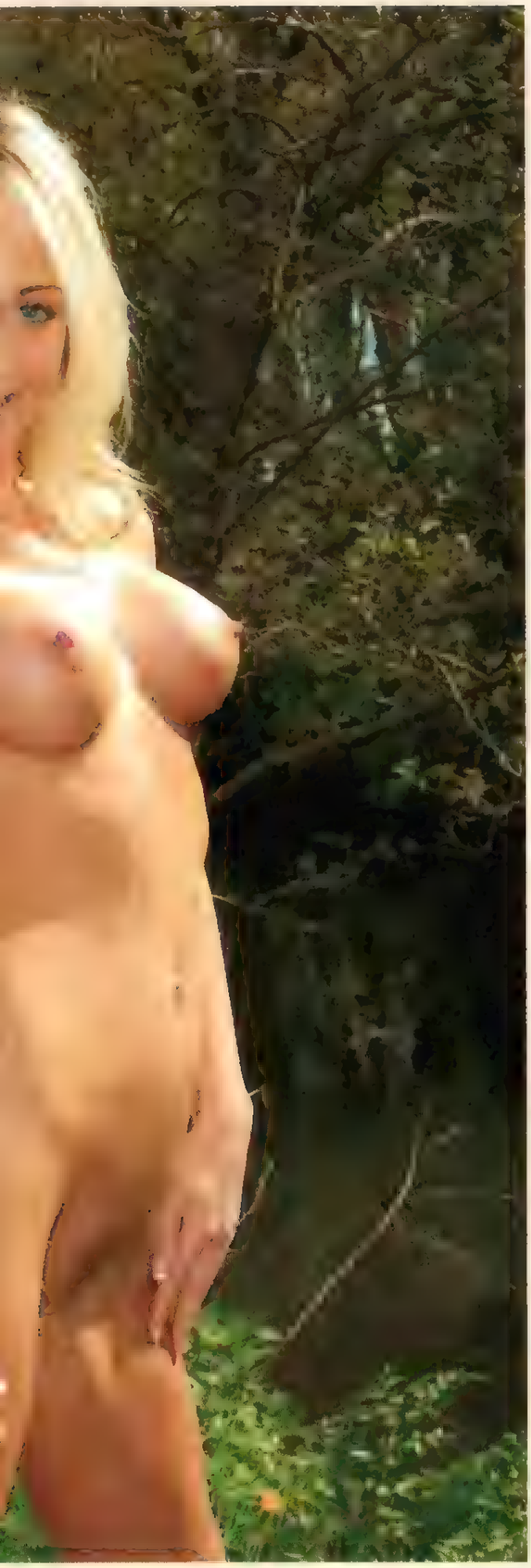


Abreast of the times ~naturally

by Charlie Simonds

Over the years I have enjoyed having photographs published in pages of naturist magazines of ladies both before and after they have had "boob jobs" (and what an unflattering description that is). Of all forms of cosmetic surgery, it has to be the most controversial and, almost certainly, the most expensive. Internet adverts for breast enhancement, or augmentation, are in most cases a little coy about the cost, but it does seem that you're unlikely to get much change out of six thousand dollars as a minimum. I'll lay my cards on the table right away – I don't believe that breast enhancement works aesthetically in the vast majority of cases. The female form is naturally most beautifully proportioned and augmentation of one aspect in my view does not necessarily maintain that overall proportion. On a number of Internet adverts "before" and "after" photos are displayed – inevitably these concentrate on showing the ladies' breasts in isolation, and these inherently don't show how they look in proportion to their bodies as a whole. Maybe the full-length photos of Charlie and Sonia whose photos accompany these words illustrate my point.

Breast enhancement with silicon implants has been around since the early sixties when two plastic surgeons from the USA, Cronin and Gerow, perfected the technique. In the subsequent half a century it is generally accepted that there are no inherent medical risks to the implant of silicon, but I suspect that cosmetic fashion, in common with its textile counterpart, comes and goes. Certainly, ten to fifteen years ago many photographers were actively encouraging models to have breast implant surgery as they suggested that the result would assuredly get them more work – particularly in the glamour world. But now I'm not so sure that this is the case – I think the pendulum may have swung back the other way. Certainly, I'm delighted to reveal that my



Charlie

"boob-jobless" "A" Team of Joss, Sam and Alice have no plans to change their personal status-quo in this department. Maybe this is because I've never been a "boob" man or a "bum" man, or any such thing – but I've never made any secret of the fact that I'm a "smile" man, something which is also exemplified in these photos of Sonia and Charlie.

So why do ladies have breast enhancement? Is it because they think that men will find them more attractive as a result, or do they simply think it will make them feel more feminine and therefore more confident in themselves? Surely this second question is as relevant when seeking to discover why women enjoy wearing beautiful clothes or make-up or why they undergo other forms of cosmetic surgery. Perhaps we men like to flatter ourselves that it's all being done exclusively for us – I don't think so! The ladies, bless them, have always taken more pride in their appearance than us blokes, so, surely then, breast enhancement is no different for it has the capacity to make the ladies feel more feminine and thus more confident. This standpoint was expressed to me most strongly by both Sonia and Charlie. And this therefore also helps answer the next question: does breast enhancement have its place in naturism? Of course it does! For a lady considering becoming a naturist, her feeling feminine and confident is bound to help her take the first steps towards shedding her clothes in a naturist environment. Breast enhancement would, I feel, only be frowned upon in the naturist world if it was seen to be overtly provocative sexually, as would any form of cosmetics or jewelry used in the same way. Of course, not everyone finds breast enhancement attractive – beauty is in the eye of the beholder – but I can assure you that Sonia and Charlie are both self-assured, stunning-looking young ladies who delight in their breast-enhanced nakedness.

Oh, to be in ENGLAND!

by Duncan Laurence

There's a saying about the English weather: if you don't like it, just wait a while. This thought was uppermost on my mind as Suzanne and I set out on the start of a four-hour drive south from Yorkshire. The rain tipped down, the wind blew, the skies lowered. And it was the month of June, heaven help us.

Not the best start for our venture: a two-day naturist photographic course at which I was a student and Suzanne a model. Warm outdoor weather was not just important, it was essential. But the omens were good, the forecast promising. When we arrived, 200 miles later, we hoped for the best and we got it.

We were staying at Pevors Farm, a small naturist complex deep in the heart of rural Essex. It's a county which extends from the east of London north towards the fens and Constable Country. The course was run by Charlie Simonds of Parafotos and was the second time we had been involved. As we checked into our comfortable cottage we were assured the weather would pick up in the morning.

Next day we opened the curtains to, well, mist. But it burnt off in no time and by mid-morning we were taking the first of several photo sessions in lovely warm sunshine. Suzanne was busy with the other models Sam and Joss in posing for a small but committed band of photographers in various parts of the farmyard and surrounding fields, and I was trying to absorb the intricacies of infill flash, aperture and film speed, while trying to get an original picture framed and shot.

There were various categories to focus on over the next couple of days: artistic nude, nude in landscape, holiday brochure, you get the idea. This year we also had to tackle some shots with the girls in pairs, not as easy as you might think. The sessions were mixed with work on editing, digital photography, what to look for in a good picture and how to achieve it. There were also chances to compare one's efforts with others and see how techniques can be applied to achieve a particular effect. And if it was hard work for the photographers, it was more so for the models. Let me tell you, it takes skill and stamina to pose, smile and stretch for the camera, particularly when the sudden hot weather prompts a mass hatching of midges and other insect life. Suzanne was sprayed from head to toe in mosquito repellant. Several others needed rapid protection from the sun as well.

But there was time to relax too. The hosts of Pevors Farm, John and Margaret, laid on a great barbecue on the middle

night and the wine flowed freely. There were several guests staying there not involved with the course and they joined in with the fun, as naturists always do. And on the other evenings there was time to sit in the sun before heading out to one of the nearby pubs for a meal.

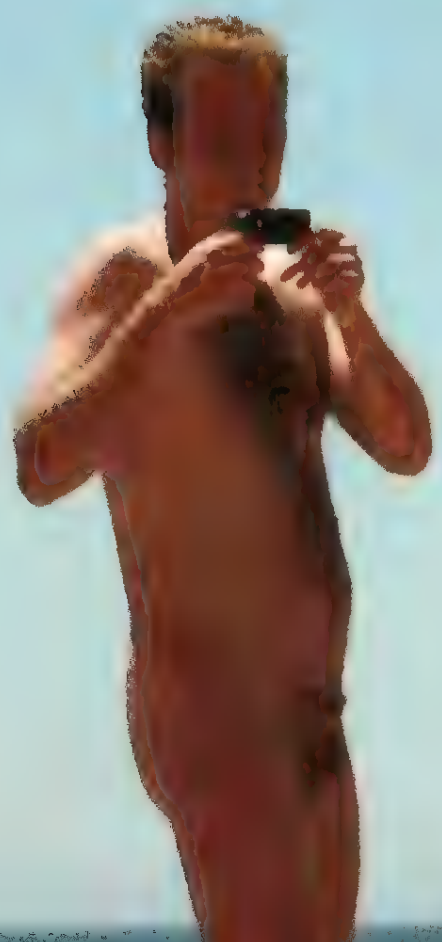
The course was a very enjoyable one, I must say, and as you can see, the location was ideal, especially when the gods smiled on us and made the sun shine. We both got certificates from Charlie, Suzanne for her endurance and tireless posing and I for my progress with the camera. I definitely saw improvement in my technique and have a better understanding of what all the little knobs and buttons are for. I would recommend the Parafotos course to anyone wanting to get grounding in how to take good naturist pictures.

Furthermore I would like to tell you a little more about Pevors Farm. It is a quality complex, with high standards of self catering accommodation that have won it deserved awards from the British tourist authorities. It has a swimming pool, hot tub, game room and patio. Beyond are acres of fields, woods, ponds and paths to wander along, but is only a few minutes drive from shops, pubs and other amenities. They have happy visitors from all over the world and it is ideal, in my opinion, for overseas travelers as Stanstead airport is less than 20 miles away. Look them up on www.pevorsfarm.co.uk.

We were sad to leave. But Suzanne had a suntan and I had a full flashcard. And we both had some great memories.

Nymph on the shore: a naked conversation with one nude woman.

by Theresa O'Shea



I met Thomas Leady through a mutual friend on Facebook, who suggested we might be interested in making contact. We were. By our second message exchange I found myself agreeing to take part in Naked Conversations with Nude Women, the Canadian-born film-maker's latest work-in-progress. Why not? New experiences are to be grasped at, especially with each year zapping by at ever greater lightening speed.

Although I'd read up about Naked Conversations on Thomas's website and although Thomas had sent me a list of the questions I would be answering beforehand, I felt very unsure about how filming would proceed and how I would "perform." Being naked was the easy part; talking to the camera on feminist-slanted issues ranging from the future of human reproduction to the role of women in the evolution of the human psyche was rather more complicated.

Shaky start

Our first in-the-flesh meeting was in Almayate (home to my local naturist beach and the Almanat naturist camp-site) not long after sunrise on the last Sunday in May last year. Things did not start smoothly. I waited for Thomas and his girlfriend at one camp-site. They waited for me at another. Knowing that Thomas was a naturist, I had assumed that he meant Almanat – not the textile camp-site further down the road! After that slight hiccup (how can we even conceive of life without mobile phones?), we made up for lost time along the deserted N-340 highway, heading to the even more deserted beach of Cantarrijan.

Brrr and Ouch!

The sun comes up at 7 a.m., but not in Cantarriján, where the towering cliffs keep the beach in chilly shadow until mid-morning. Now, on the sunless shore, grey-green hues predominated. The light was muted and kind. Still half asleep, I helped Thomas and Vera set up for the first shots – a green cloth background against which Thomas will later digitally slot in an image of a classical nude painting. I love "my" painting, a joyful luminous seaside composition called Nymph on the Shore by Lord Frederick Leighton (Ay, those were the days, when small breasts and heavy bottoms were "in"…). When the original model was making like a nymph, however, I suspect she did not have a mass of giant lumpy pebbles under her posing sheet! Cantarriján is a stunning beach but sandy it is not.

Once the green sheet was in place, Thomas started filming, issuing minimal instructions, telling me to lay or sit in any posture I found "comfortable." With the stones digging in and the rock-reflected chill it was hard to relax but I tried to zen-out in half-lotus position. After the green sheet, came a black sheet, all the time the sun line advancing across the speckled pebbles and with it the arrival of the first early bird naturists.

Warming up

When the stationary part of the shoot was over, at last, I was "allowed" into the sunlight – and, at last, I started to relax. We recorded the questions again, this time walking along the shore with the waves crashing in around us. We must have made a curious sight, Thomas walking backwards only a few feet away, towering over me (he is rather tall) with his tiny video camera, while I tried to walk elegantly, tried to marshal my thoughts, tried to say what I really wanted to say about "the maternal instinct," about "women's unique role in evolution," instead of cliché after cliché…

One question focused on body acceptance. This was more familiar territory and the words flowed more easily. After all, I was surrounded by the living proof that naturism allows/enables people to be comfortable with their naked selves – and the naked selves of others. I had expected Thomas himself to film in the nude (which he normally does), but the previous day in Vera Playa he had turned lobster pink and so today, wisely, kept mostly under wraps.

Relaxed nats

Our activities provoked nothing but the mildest curiosity from other naturists: the occasional raised head from a Sunday paper as I went through a shore-side yoga routine, and then again as we scrambled up a steep promontory between the two beaches to record a few more questions. There were no tuts or tension. No one barged up and demanded to know what we were doing (something that had happened a couple of times during my previous experience of filming on a naturist beach).

Thanks in part to this relaxed, laid-back atmosphere, the spectre of self-consciousness failed to put in an appearance and I became oblivious of everyone else. Working with Thomas was … what? Different. He didn't tell me what to do or what to say or how to move. He didn't encourage me or give me any feedback. At first I found this unnerving, but then I just started to "go with the flow" and enjoyed a rare sense of freedom behind the lens (I'm usually not the most comfortable of models).

At some point during the shoot, Vera's parents arrived. Her father happened to be a retired photographer and he soon joined us for some more filming and stills up on a grassy platform

under the cliffs. What should have been a great setting, alas, was spoiled by broken glass and litter. Naturism should go hand in hand with a respectful attitude towards the environment, but sadly that is not always the case. It was a minor blot on what had been a tiring but enjoyable and, at times, exhilarating morning.

Talking to Thomas

Over lunch, I asked Thomas about his inspiration for the film. Two books were influential: one, *Adam's Curse: A Future Without Men* by Brian Sykes, the other, *The Naked Man* by Desmond Morris. Sykes' basic theory is that the male Y chromosome is getting smaller and that the human male may be heading towards extinction. The naked part came when Thomas was at the International Documentary Film Festival Amsterdam (IDFA) one year. "There were so many people there, and I suddenly thought to myself 'What if all these people were naked?' Take people's clothes away and they reveal more of themselves – hence 'naked' conversations and 'nude' women."

Thomas's ultimate aim is that film *Naked Conversations with Nude Women* will play at the IDFA. So far he has filmed 17 women from Holland, Norway, England, Wales, Chile, Romania, France and South Africa, and in the future he plans to include women from Russia, North America, the Antipodes and Africa. He is also hoping to interview and film Christiane Lecocq, aged 99 and the co-founder of France's first naturist magazine, *La Vie Au Soleil*, in 1949. So far all the models have been naturists or, as Thomas puts it "at least into nude recreation or nudity as art or new age expression." One obvious reason for this is that naturists are already comfortable with their bodies.

The road to shooting, completing and releasing an independent film on a shoestring budget is a Herculean – or should I say Amazonian – task, and Thomas reckons he'll need a large dose of luck to finish Naked Conversations exactly the way he wants it. Perhaps: but without his hard work, perseverance and passion they'd be nothing for "luck" to grab hold of. To misquote slightly another Thomas (Edison) "Success is one percent inspiration, 99 percent perspiration."

For a synopsis and preview of* Naked Conversations with Nude Women, *visit http://www.lundoxia.com/synopsis2.htm

You can view the film-maker's six-minute short* Nude Not *on You Tube. This was his directorial debut in 2000, which he also acted in, wrote and produced. This time "luck" was definitely on his side: soon after completion, the film was snapped up by France's CANAL+ television, and screened at various film festivals worldwide.

The legend of La Fille Nue

by Ken Schwartz

"Where's Tommy?" Sue asked her husband as he was paying for the several items he was picking up immediately in advance of the latest family camping outing.

"I don't know," Jim admitted as he looked around and found no six-year-old at his side. "He was here a minute ago."

"Tommy?" Sue called out.

"Your little boy is right here with me," croaked an ancient man sitting in a rocking chair in a distant corner of the provisions shop.

"I'm not a LITTLE boy!" Tommy corrected. "I'm a BIG boy!"

"Hey, Pops, I hope you're not filling his head with your crazy stories," the provisioner called out to the old man.

"Just telling him about the Feenoo," came the reply.

"The Feenoo?" Jim inquired of the man digging change out of the cash register.

"Oh, it's just some tale about a beautiful young lady who walks around naked in the woods here," the provisioner replied.

"There's a beautiful young lady walking around naked in the woods?" Jim inquired with piqued interest.

Sue gave Jim THE LOOK, and Jim instantly screwed on his face of moderate curiosity.

"Well," the provisioner answered, "there is, according to the tale handed down from the French trappers who used to be here."

"Oh, French trappers," Jim observed. "So they told a tale of 'La Fille Nue,' The Nude Girl."

"Like I said," the provisioner concurred. "The Feenoo." The man then elaborated. "According to the legend, a beautiful girl, about 20 years old, lives in the woods and helps travelers who get lost or injured. She doesn't wear any clothes, and she lives in the shadows. We get reports of sightings now and then, but there's never any real evidence of her like a picture or anything. Once in a while, someone thinks he's found a footprint, but there's never really anything anyone could rely on. It's like that Abdominal Snowman over in Asia."

"Abominable Snowman," Jim noted.

"Like I said," the provisioner concurred as he handed Jim his change.

Sue collared Tommy, and the family said "so long" to the provisioner and the old man and embarked on their trip into the woods.

* * *

NATURALLY • FALL 201

"Where's Tommy?" Sue asked Jim as he eyed the spot where his fishing line entered the water.

"I don't know," Jim admitted as he looked around and found no six-year-old at his side. "He was here a minute ago."

Sue scowled. Jim's response was not unfamiliar.

"Tommy?" Sue called out.

Hearing no reply, both Sue and Jim began repeatedly calling for their son. "Tommy? Tommy? Where are you?"

Still hearing no reply, the couple began walking and searching, hollering out for Tommy all the while. The searching and calling produced no results.

Shortly concluding that their efforts to locate their son were ineffectual, Jim and Sue telephoned the ranger station for help, and two park rangers quickly joined the concerned couple.

Jim, Sue, and the rangers searched for the missing boy, or any sign of him, in a highly organized manner, scouring all the woods within a mile radius of the campsite. They found nothing.

Little daylight remained when the park rangers joined the distraught couple at their tent.

"I don't think there's any point in searching more now," one ranger advised. "We'll be back at first light with the search dogs. Believe me, they'll find Tommy in a heartbeat. Until then, please try not to worry. We have youngsters wandering off all the time, and we've never lost one yet. Really. They always turn up. And, somehow, most of them seem to come back in better condition than they were in when they left. We'll see you in the morning. Everything will be fine."

* * *

The shadows were long when a weary Tommy trudged into a clearing, sank to the ground beside a tree, leaned back against the trunk, and closed his eyes.

"What's a little boy like you doing way out here?" Tommy heard someone inquire.

"I'm not a LITTLE boy! I'm a BIG boy!" he responded almost instinctively. "And I'm looking for bears."

Tommy quickly determined that a beautiful girl was sitting at his side. She had long, lean limbs, dark hair, and dark eyes. And she was completely naked.

"Why aren't you wearing any clothes?" the youngster asked his new-found companion.

"I don't need them," she replied. "The weather doesn't bother me; I don't bump into the trees; and hardly anyone ever sees me."

"Oh," said Tommy, sufficiently satisfied with the answer. "My name's Tommy," he announced. "What's yours?"

"Some people call me La Fille Nue, some call me Aimee du Bois. You can call me Aimee," the girl replied.

"You have big boobies," Tommy declared. "My mom's are pretty small. Yours are much bigger than hers."

"Hmm," Aimee observed with amusement, "you do sound a bit like some of the big boys I've met around here."

The girl then reached into a satchel, produced a heaping handful of berries, and offered them to Tommy.

"My mom says if I eat too many of these I'll have purple poop," Tommy noted.

"I won't let you eat too many," Aimee assured him.

"Do you have purple poop?" Tommy inquired.

"I don't eat too many," Aimee replied with a smile.

As Tommy ate berries, Aimee pulled a cloth from her bag and wiped dirt from his face and arms. Then she pulled out a blanket and fur hat. She wrapped the blanket around the youngster and pushed the hat down over his ears, leaving nothing of Tommy exposed but his eyes, nose and mouth. Aimee then smiled broadly at the sight of the swathed boy.

"I'm in the first grade," Tommy told his new friend. "Do you go to school?"

"No," said Aimee, "all I've ever needed to know I've learned from living in the forest and talking with visitors like you."

"Can you get smart without wearing any clothes?" Tommy wondered.

"I believe all kinds of people can become educated and do good things," Aimee replied.

"I want to be a pilot. Do you think I can be a pilot?" Tommy asked.

"Tommy," the girl advised, "if you go to school when you're supposed to, pay attention in class, do all of your homework, and study hard, you can be just about anything."

"Really?" he asked.

"Really," Aimee assured him. "But there's one more thing," she added. "You have to think ahead. Always think ahead."

"What do you mean?" Tommy questioned.

"You came out here looking for bears, right?" Aimee began.

"Yes," Tommy answered.

"And you know that bears are big and strong and fast and usually hungry, don't you?"

"I guess so," the youngster admitted.

"And did you think ahead to what would have happened if you had actually FOUND a bear?" Aimee asked.

"I guess not," Tommy confessed.

"I can tell you what would have happened," Aimee counseled. "Most likely, it would have been the last thing you ever found, and no one would have ever again found YOU, and your mom and dad and all your relatives and friends would have been very upset. And I'm sure your parents are well on their way to being very upset RIGHT NOW."

The boy bowed his head in shame.

Aimee lifted his chin, looked him in the eyes, and said, "I want you to promise me that you will never, ever again go looking for bears."

"I promise," said Tommy compliantly.

"I want you to double promise."

"I double promise," said Tommy resolutely.

"Okay, then," said Aimee, "I think you should go to sleep now."

"Do you want to come under the blanket with me to keep warm?" Tommy offered.

"My," the girl observed with a laugh, "you sound A LOT like some of the big boys I've met around here. No, I'm okay. You just get a good night's sleep, and in the morning I'll see that you are back where you need to be."

Moments later, Tommy was sound asleep.

* * *

The first rays of dawn had just begun to creep across the campsite when a cheery "Rise and shine! The day's wasting!" brought a surprise end to what had been a fitful sleep for Sue and Jim. It was Tommy, apparently none the worse for wear, who was greeting his parents in much the same way he had done at the break of day many times before. The joyful couple climbed out of their sleeping bags and jointly hugged their son.

"Where have you been all this time?" Jim demanded. "You had us worried to death."

"I'm sorry," Tommy answered with true remorse. "I was looking for bears."

"Looking for bears? You could've gotten yourself killed!" Jim scolded.

"I know," Tommy ruefully replied. "I'm sorry."

"Tommy," his mother commanded, "you have to promise us you'll never do this again."

"I promise," Tommy earnestly told his parents. "But," he added, "I already made a double promise to the naked lady."

New Phone Number For Orders
(216) 321 - 0697
(answering machine only)

SYNETECH
VIDEO COMPANY

Synetech Video Co.
P.O.Box 18970, Cleveland Heights
Ohio 44118, U.S.A.
www.synetechvideo.com

More than 20 other titles of Czech naturism, French resorts, naked lifestyles, etc.
See our website www.synetechvideo.com.

1 Walking Proud

NEW!

Suzana and Shannon go naked in crowded streets and bustling shops of Barcelona. Probably the best and boldest naked in public video ever shot.
(58 mins, $40.00, Not Rated)

2 Castles In Spain

NEW!

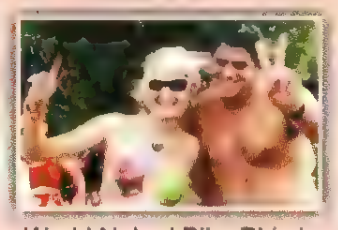
Two deluxe resorts in the countryside of Spain visited by Shannon and Boris, plus a palace where Suzana, Shannon, and Sarita go naked in public and dance tango.
(50 mins, $40.00, Not Rated)

3 Travels With Girls

NEW!

Shannon does a naked tour of the Greek Islands and jetskis in a resort with her friends, and Vicki and Monika play at home.
(76 mins, $40.00, Not Rated)

4 Lily's Fantastic Summer 1



World Naked Bike Ride in Brisbane, naked riding and dancing, and three naked people in a busy nightclub.
(61 mins, $40.00, Rated MA15+)

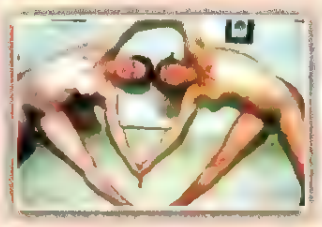
5 Lily's Fantastic Summer 2

Lily goes naked at a party and a beautiful beach, and five people enjoy a party of relay races, games, and dancing.
(64 mins, $40.00, Rated MA15+)

6 Freedom Weekends

Two nude beach carnivals, with lots of fun for kids of all ages, and a visit to a great nudist club in Perth.
(65 mins, $50.00, Rated PG)

7 Party Night and Day



Nude beach carnival by day and three girls enjoying a wild party by night.
(64 mins, $50.00, Rated M)

8 Inoffensive Behaviour

Beautiful girls go naked with lots of people around in Australia and the Czech Republic.
(85 mins, $40.00, Not Rated)

9 Decent Exposure

Naked in public at Byron Bay: on roads, beaches, shops, and with lots of people on the Lighthouse Track.

(82 mins, $40.00, Not Rated)

10 Summer Mornings

Eight girls and one guy enjoying the naked beauty of warm summer mornings.

(73 mins, $40.00, Rated M)

A Wandering Free 1

NEW!

Nude in the Greek Islands, four-girl party, two girls naked in a crowded nightclub.

(79 mins, $40.00, Rated R)

B Wandering Free 2

NEW!

Spunky Vicky and friends naked at party and castle dam, girls naked in Hotel of Art and crowded park.
(72 mins, $40.00, Rated M)

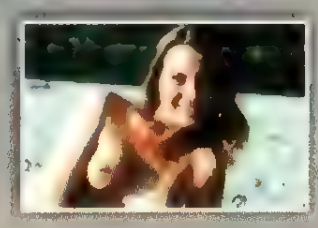
C Adventures in Freedom 1

Three girls naked in the magical resort island of Ibiza, on roads, beaches, esplinades, an art shop, and even a carnival ride!
(89 min, $40.00, Not Rated)

D Adventures in Freedom 2

Naked on roads, bridges, parks, a steamboat, and partying the night away in a crowded disco.
(88 mins, $40.00, Not Rated)

E La Sabliere



Beautiful natural resort with river fun, games, walks to a spring, caves, and a medieval castle, and youngsters underwater ballet.
(58 mins, $50.00, Rated PG)

F Laborde

Four star resort with lots of activities, teen-age diving, pool disco, sports, and Bastille Day Carnival.
(56 mins, $50.00, Rated PG)

G Return to La Sabliere Part 1

Great variety of activities in a wonderful resort.

(54 mins, $50.00, Rated PG)

H Return to La Sabliere Part 2

Pool diving, aquagym, stretching session, and underwater ballet.
(54 mins, $50.00, Rated PG)

Please indicate videos by circling.

I prefer to pay by ☐ Cheque ☐ Money Order ☐ Credit Card (Mastercard/Visa). Please add $7 for postage and handling per order.

1. $40 2. $40 3. $40 4. $40 5. $40 6. $50 7. $50 8. $40 9. $40 10. $40 A. $40 B. $40 C .$40 D. $40 E. $50 F. $50 G. $50 H. $50

Name.....

Address.....

.....

Postal Code.....

Expiry Date...../.....

Phone .....

Signature.....

Synetech Video Co.
P.O.Box 18970
Cleveland Heights
Ohio 44118
U.S.A.
www.synetechvideo.com

by Paul LeValley

It was a time of global warming. Great glaciers rapidly retreated across the northern part of the continent. Their melting waters flooded vast stretches of lowland. All of the trails from Asia to America sank under deep water. Many species of plants and animals went extinct.

Thirty thousand years earlier, people had learned to cope with a chilling earth by wearing clothes. Heavy furs eventually brought them across to Alaska and down into Canada. But shortly after people entered the new land some twelve thousand years ago, the world began warming again. As they explored southward, it got hot. So they started throwing away unnecessary clothes. Those who traveled as far as the Amazon never needed to wear anything. Practical people dress or undress for the weather. That may be a partial solution to a world problem, but the way for us is clear. It has all happened before. Global warming? Wear fewer clothes.

The Amazon
where people unlearned clothing

Rugendas/Deltil,
Views of Brazil –
four strips of a thirty-strip
wallpaper set.

Cannibal painting for Staden's book.

For lack of stone, Indians of the Amazon jungle produced no enduring art – and none of the human figure. They were more likely to paint their own bodies. And so we must turn to visiting Europeans for the earliest surviving pictures of the Amazon and its inhabitants.

Though Portugal claimed the coast of Brazil in 1500, colonial leaders showed little curiosity about what lay inland. In fact, the first boat to explore the Amazon came down from Spanish Peru. Those sailors reported a dense population of large villages lining the water's edge. Later explorers called them liars, because they found only empty jungle. As happened everywhere else in the Americas, European diseases had wiped out some 90% of the population. European artists later sketched the few survivors.

In the 1590s, Theodorus de Bry settled in Frankfurt-am-Main, and began republishing a series of travelers' reports, with beautiful new copperplate engravings to replace the crude woodblock prints of the original editions. Some of the original prints had been based on paintings—not by actual observers, but by illustrators who read the text.

Such a painting has survived from the German Hans Staden's 1557 book about living as a captive among Brazilian cannibals of the Tupinamba tribe. Staden titled his book, *True Story and Description of a Country of Wild, Naked, Grim, Man-eating People in the New World, America.* For some reason, the original illustrator chose to put the long-bearded adventurer in every picture. He also followed the European tradition of showing the men more tanned than the women—though he did follow Staden's description of body painting on the men. Nearly every tale of cannibalism in the Americas can be traced back to Staden's book. As recently as 1973, it inspired the delightful Brazilian movie, *How Tasty Was My Little Frenchman*. The director, Nelson Pereira dos Santos, kept the nudity authentic – if you can believe a village without old people or children.

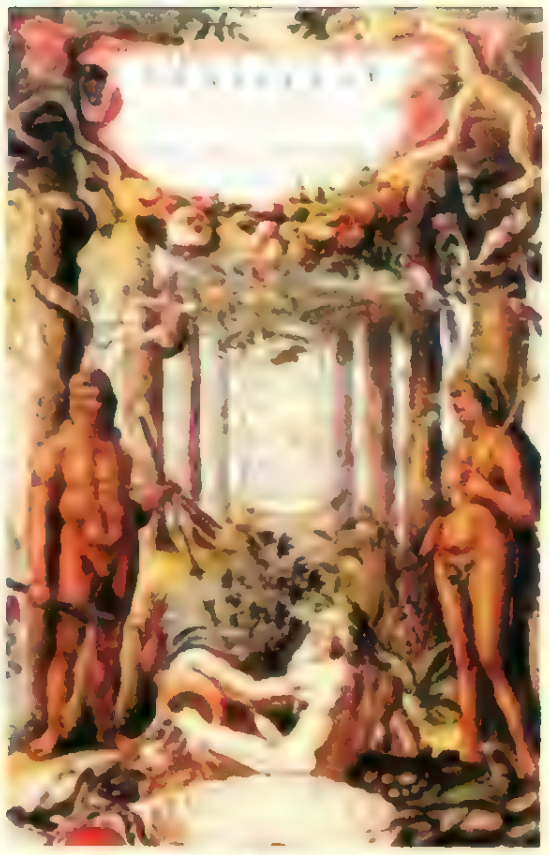
De Bry also republished the Italian merchant Girolomo Benzoni's disparaging 1565 book about trade in the Spanish colonies. De Bry's fresh engraving of the marketplace in Cartagena, Colombia was likewise based on a woodblock print by an illustrator who had never been to the Americas. But it does remind us that nudity was the uniform of the day through most of lowland South America – from the northern coast all the way to frigid Tierra del Fuego at the southern tip. The Incas up in the chilly mountains wore gowns.

For twelve years, from 1555 to 1567, French Huguenots tried to establish a safe haven off the coast of Rio de Janeiro. Portugese ships quickly drove them inland. They called their brief colony by the curious name, France Antarctique. And, unusual for the time, they welcomed people of all religions. Two clergymen—one Catholic, one Protestant—went into the jungle, sketching the exotic plants and Tupinamba tribesmen. André de Thevet,

Marketplace at Cartagena, de Bry's engraving for Benzoni's book.

Thevet, Indians Smoking Tobacco and Starting a Fire.

Léry, Tupinamba Family.



Frontispiece of Marcgrave's book.

the Franciscan military chaplain, brought back the first picture of Indians smoking tobacco—as well as the earliest images of manioc, pineapples, peanuts, sloths, tapirs, and macaws.

Father Thevet had published his book in 1556. Pastor Jean de Léry waited many years, until 1578, before publishing his adventures. His portrait of a loving Tupinamba family shows their hammock, a novel type of bed to Europeans.

During the next century, the Dutch managed, in 1630, to set up a colony on the eastern tip of Brazil that lasted more than thirty years. The Dutch government sent out expeditions of painters, zoologists, and botanists to create a systematic record of the resources contained in the new colony. German-born Georg Marcgrave supervised the compilation of the eight-volume report published in 1648. Though the Amazon had been named after female archers encountered by the first explorers, the artist of the title page chose to use a pale male Greek personification of the river. Chief among the natural wonders of Brazil, we see a naked man, and a naked woman. But somehow, the illustrator felt she needed a coy fig leaf.

Dutch artist Albert Eckhout also went to paint the native people. His paintings were life size – mostly portraits, but also an action painting of Tapuya men dancing – which stretches nine feet across. (Notice his effort to avoid much of the frontal nudity--especially on the women.) These were the first high-quality paintings of Amazonians to go on public exhibit in Europe.

Forced out, the Dutch retreated north to Surinam, where they tried to establish a slave economy. Some of the newly arrived Africans escaped into the familiar jungle, threw off their slave clothes, and founded Maroon communities that exist to this day. (For their body decoration, see *Naturally,* No. 18.) In Brazil, such escapes came after a few generations of slavery and clothing. A return to nudity no longer seemed important in the free black kingdoms, or Quilombos, such as Palmares, which flourished until 1694.

The Amazon did not look profitable, so the Portugese government ignored the jungle and its people for another century. Finally, in 1783, they sent the Brazilian biologist, Alexandre Rodrigues Ferreira, on a nine-year expedition to see if any money could be made off the region. His report was ignored, and not published for yet another century. His artist, José Joaquim Freire, had sketched mostly plants and animals, rather than people.

Then the politics turned interesting. When Napoleon's army invaded Portugal, the de facto ruler, crown prince Joao IV, fled to Brazil. It was the only time a colony ruled the mother country. When it was safe to return, Joao advised his son, Dom Pedro I, that revolution was sweeping South America; if revolution came to Brazil, he advised his son to get out front and lead it.

Eckhout, Tapuya Dance – *National Museum, Copenhagen.*

Ritual battle among the Botocudos, from Maximilian of Wied's book.

Debret, Botocudo Families on the March.

Debret, Camacani Chieftain Preparing for a Festival.

Debret, Coboclos Hunting.

Florence, Habitation of the Apiacos – *Academy of the Sciences, St. Petersburg.*

Meanwhile, the German explorer, Prince Maximilian zu Wied, visited Brazil in 1816-17. He examined the Botocudo tribe, who wore discs to protrude their lower lips. The prince reported competition in stick fighting among the men – and that female fans sometimes got into hair-pulling contests while supporting their heroes.

The painter Jean-Baptiste Debret came at the same time, and stayed fifteen years. He was among a group of French artists sent by King Joao to establish some culture in Brazil. Debret also painted the Botocudos – this time with the chiefs dressed in their impressive giant anteater capes. Notice that Amazonians used clothing to enhance the human figure – not to hide any part of it.

Debret also painted a chief of the Camacani tribe getting himself decorated for a festival. His penis has already been painted white, and he is now getting stripes on his legs and feet. His two youngest sons have been decorated with spots.

On yet another occasion, Debret painted some Coboclos, or Christianized Indians, still hunting birds the old way. His paintings preserved vivid details of life in early nineteenth-century Brazil.

The Prussian Baron Georg Heinrich von Langsdorff led several scientific expeditions for the Russian government, before being appointed Russian Consul General to Brazil. There, he organized an Amazon expedition in 1826-29. His artist, Hercule Florence, made a stiff portrait of an Apiacos family with their body painting. It is one of the few paintings of native teenagers. Notice the rings around the penises. A multi-talented man, Florence devised a way of writing down the jungle bird songs in musical notation, and later became one of the inventors of photography.

Rugendas, A Bridge Across the River

Johann Moritz Rugendas also came as part of the Langsdorff expedition, but quickly went off on his own four-year exploration. His were the liveliest paintings of all – showing people acting naturally in their natural environment. He published them as black-and-white engravings – a process that reverses the images. But a few years later, a French wallpaper designer, Jean Julien Deltil, gained access to the original paintings.

With a whole wall to work with, Deltil could scatter Rugendas' close-up scenes across a vast panorama. In the portion seen here, the jaguar hunters come from one engraving, while the woman carrying her child across the bridge and the two tree climbers come from another (though Deltil has dramatically heightened the size of the trees). The tree between the hunters comes from a third engraving, and the rocks behind them come from an unrelated fourth. Rugendas published his nudes as he found them, without apology. Deltil made coy adjustments to the foreground figures, such as turning the bowman's back to us, and growing a plant strategically in front of his companion. But in the background, he left the full-frontal nudity of the tree swinger. Yes, nudity might be fine in the Amazon jungle, or even between the covers of travel books, but it could jar in a fancy European living room.

Yet should it? Greek nudes had long decorated the better European homes. American Indian civilization began flowering about the same time as Greek civilization. Both societies developed democratic traditions in small warring city-states. Both societies placed great emphasis on athletics – individual competition in Greece, team sports and ball games in the Americas. Most rare of all, both groups were smart enough to discard old habits and unlearn clothing. Can we be that clever in solving today's problems?

This is the other chapter missing from the Art Follows Nature series. While the black-and-white engravings have circulated for centuries, several of the original color paintings have become available only in the last year or so. The plan is still to publish the entire series of articles in book form as soon as the economy improves.

THE Skinny Dipper Shop

Beach Towels: Be the envy of everyone on the beach with our plush oversized beach towel. This 35" x 60" towel is made of two-ply soft terry velour bearing the catchy phrase ***"barefoot all over"*** in an appealing tone-on-tone imprint. Available in three luxurious colors: Cosmo Blue, Tangerine, & Deep Purple.
$33.00/$29.70 TNS Member

The World's Best Nude Beaches and Resorts: has over 300 pages packed with lavish full-color photos, travel tips, and detailed directions to the top 1,000 places where bare skin is the most fashionable thing to wear. Appealing to the armchair traveler, life-long naturist, or the merely curious, this guide book is the best of its kind. SPECIAL PRICE: $20
· *Available at major bookstores.*

Nude and Natural Magazine: Sun-kissed Florida beaches...quaint New England swimming holes...Western hot springs...now these scenes can be yours through the pages of ***N*** magazine. Each quarterly issue of ***N*** offers readers naturist news, travel stories, naturist politics, club and resort updates, along with some of the finest naturist photography to be found. ***N*** magazine is included with your membership in the Naturist Society.
$55.00/Year · *U.S. member price. Call for Canada or foreign rates. A young adult, senior, & disabled veteran discount of $45/year is available.*

These and many other items can be found on our web site:
www.naturistsociety.com or call to speak with one of our friendly customer service representatives: 1-800-886-7230

going NATURAL au NATUREL

72 full-color pages of
- news
- travel stories
- entertainment
- reviews

Subscribe NOW to
the quarterly voice of Canadian naturism

Federation of Canadian Naturists
Dept. N, Box 186, Stn. D
Etobicoke ON M9A 4X2
Canada
voice & fax: (416) 410-NUDE (6833)
email: information@fcn.ca
website: **www.fcn.ca**

only
$40 + GST in Canada
$40 in the United States
$50 International

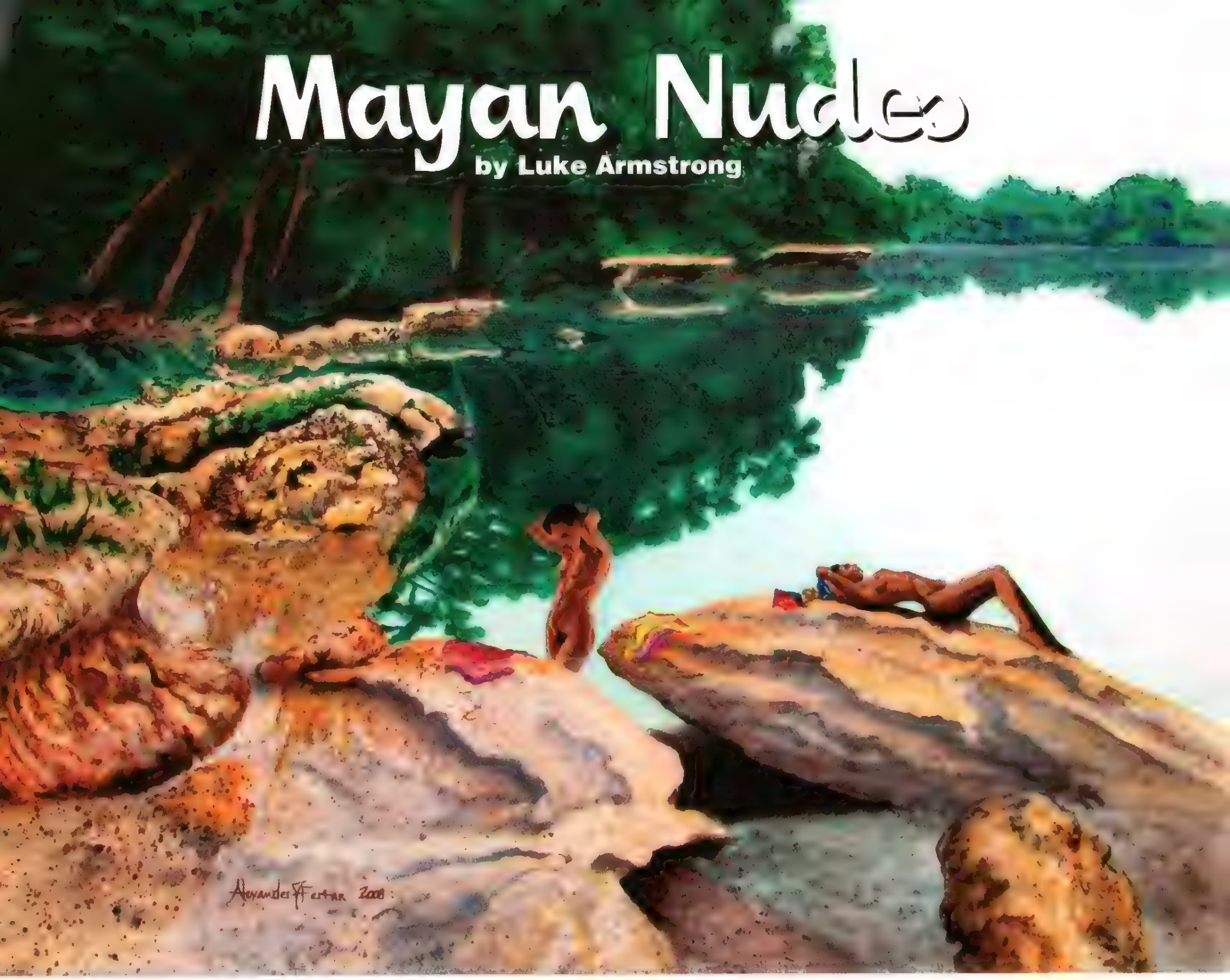
We accept VISA

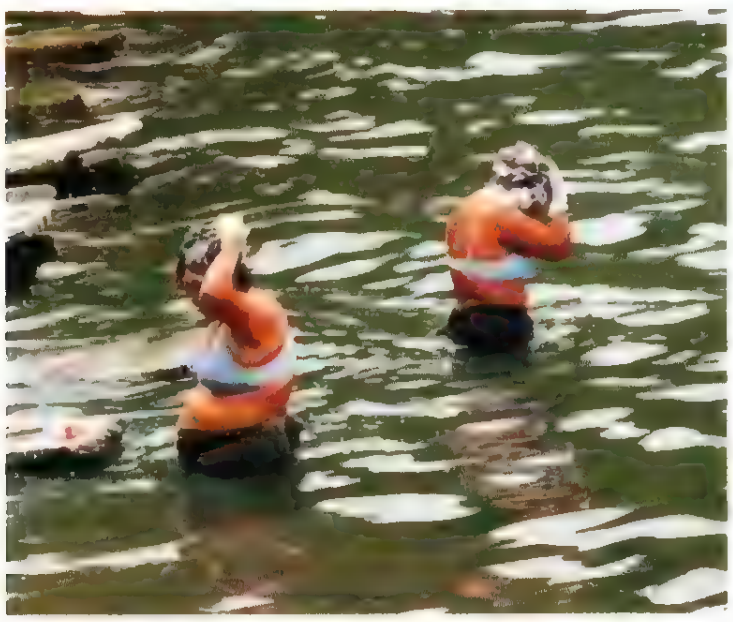
Participate. Share. Learn. Have fun!
Become an Internaturally member for FREE.
Log on to: **www.internaturally.com/members**

Internaturally
Welcome members and guests!

Mayan Nudes

by Luke Armstrong





It's early, just before dawn. Tuc Ramos's bare feet touch softly on the dirt path as she descends to Lake Atitlán. Soon street dogs will start barking, cars will be heard on the highway and the echoes of children's firecrackers will bounce between the volcanoes that surround Guatemala's highland lake. But for the moment, the world sleeps silently.

Tuc reaches the lake's shore and puts an oversized nightshirt on over her brightly covered Mayan dress. Only when the nightshirt covers her clothes does she take them off. Then her bare feet touch the cool water, and slowly, Tuc wades out till the water touches the tips of her breasts.

After vigorously washing herself, she emerges, fresh like the morning, and dresses by first putting her dress on over the wet t-shirt. Only then does she take it off. There is no one up this early watching her, she has not covered up because of that, but because it is forbidden for many Mayan women to be naked. For most of these women, they must be clothed even when bathing in the privacy of their own homes.

Many Mayan women go through their lives never gazing upon their own beautiful bodies. Underclothes are changed with outer-clothes on, and outer-clothes are changed with underclothes on.

Many Mayan women go through their lives never gazing upon their own beautiful bodies.

Artist Alex Ferrar paints in his restaurant/art studio.

A Mayan woman in a controversial Cleopatra pose: seductive poses are as taboo as actual nudes.

Alex Ferrar, an artist living in Antigua, Guatemala, also rises just before dawn. He hurries to his restaurant and gallery Sobremesa to have a few hours to paint in silence, just before the early crowd arrives. Many of his paintings are of Mayan nudes. Some depict confident Mayan women wearing their traditional colors, lying provocatively in the Cleopatra pose.

Because of the ban on nudity, his paintings often draw negative attention and criticism from the status quo. Though he knows how controversial such depictions are, he does not see himself as someone trying to cause a stir.

Over lunch at his gallery, I asked him what he thought about those who thought he was just trying to cause trouble with his art. He shrugged, "I'm an artist," he said looking away from his easel, "I want to show beauty of the world. In all its forms. It's true that sometimes people will use nudity for shock value, but that's not me."

After a pause and a few more brush strokes, he resumed, "I want to teach the Mayan women that they are beautiful—their bodies, their hearts, their minds, their spirits. We are all beautiful. But this lesson is lost if we teach people to be ashamed of their bodies, if we tell them that they must cover themselves up."

Ferrar does not want to impose his beliefs on others, but he does want others to have the chance to choose. "My paintings show Mayan women liberated and free. Given the choice many of these women would choose to have the freedom that the women in the paintings have, than what they have at home." His words allude to Guatemala's abhorrent track record of violence against women.

Proponents of the ban on both public and private nudity for women support their convictions by saying it protects women. But in a country with some of the world's highest rates of violence and murder of women, one would argue that the current situation is bleak and not working. According to the national paper, *La Prensa Libre*, in 2009 there were 30,873 complaints of domestic violence against women that led to a measly 70 prosecutions. 70!

For Ferrar, painting Mayan nudes all started with a piece called Lavanderia. Lavanderia was originally going to be of a mostly nude woman doing her laundry, but he was told that he could not do it. She had to be clothed in at least a nightshirt. It was explained that, due to social restrictions, it is taboo for indigenous women to be nude and especially taboo for them to be portrayed that way in art. "I finished the painting in accord, not wanting to step on anyone's toes," said Ferrar, "and then began to purposely do so on general principle."

More than making people angry, Ferrar's paintings are often another world refuge dedicated to marginalized women who have few refuges in the actual world.

"This [ban] is not something that goes back to the ancient Mayan tradition," said Ferrar, "This is something that was brought here with the Spanish and stayed ever since."

In ancient times, the Mayans searched for a more accurate description of observed reality. They thought that flowers and songs were the highest things on earth that could penetrate truth. The core of their very existence was called panche be, or the search for the root of truth. They were free to walk through the world, as they were, naked and free.

The natural state of the world, the true state, seems to have been lost with the ban on even private nudity. Ferrar understands that changing something ingrained in a culture is not something that happens overnight. But he is hopeful that his work is a step in the right direction. At the very least, it has a liberating affect on the Mayan women who view it.

He dreams of the world as he believes it should be, and in the meantime, paints it as he dreams it, not as he sees it. His work contains a primal beauty, a raw reality that both remembers the way things once were, and appeals to the future as to the way things could and should be. As the canvass comes alive under his meticulous brush, he hopes that the world will follow suit.

Sorobon farwell

by Frederick J. Gerty

The newly risen full moon casts a long, broad glow over the tranquil water of Lac Bay. I step off the porch onto soft, white sand and stroll a dozen steps to the shore and step into the warm sea. A tropical breeze blows over my body and sways the palm branches on the trees near the cabin behind me. And best of all, I am naked and happy to be here at the Sorobon Beach Naturist Resort.

The resort occupies a sandy stretch of shoreline on a large, reef-protected bay on the eastern end of the island of Bonaire, a five-hour flight from New York City. A fifteen-minute drive from the capitol city of Kralendijk, and even less from the airport, takes one to this remote area. Fourteen duplex chalets provide one-bedroom accommodations for couples, and a two-bedroom and one three-bedroom apartment allow for close couples or families. Each chalet includes full kitchen facilities. At night, the breeze in the palm trees makes a noise that sounds like light rain. In the background, a constant low rumble

comes from the waves hitting the reef a quarter mile away. Each chalet includes a partly covered deck with a picnic table and beach chairs. An iguana visited ours on a couple of occasions. Upon arrival, we found a welcome basket with a bottle of wine, and cheese and crackers, compliments of the resort.

The central reception building includes a restaurant, a small shop with basic food, clothing and sports supplies, and an adjacent utility room with an ice machine and ice chests for use by the guests. On the beach, half a dozen kayaks allow exploration of the bay and nearby mangrove forests. The office and restaurant staff is young, efficient, Dutch (or local?), and beautiful.

When checking in on arrival, we received a coupon for free dinners. I asked Michell, the receptionist, "What is the dress code for the restaurant?" She replied, "Whatever you want." That would set the state of dress for the rest of the week – whatever we felt like. Typically, most of the men were nude most of the time. I sure was, and loved it. Women tended to put on a sarong or shorts for dinner, and some other times as well. Nearly everyone was naked on the beach, or when swimming or snorkeling. How great to swim, snorkel, rinse off in the beach showers, dry off and remain naked and content. What a grand and free feeling.

The main attractions at Sorobon are its full nudity, the beach, the shallow bay, and the wonderful reef, with a varied and colorful population of fish and corals. A dozen cabanas line the shore and provide shade and some protection from the nearly constant trade wind, which blew rather vigorously on a couple of days. Air temperature hovered around 83 degrees, and the water in the shallows near the shore varied from around 80 to a high of 89 degrees in mid-afternoon. The bay itself was usually around 80 to 82 degrees. One certainly did not need clothing to remain comfortable.

Two windsurf resort operations next door result in lots and lots of sailboards zipping back and forth in the bay. Naturists stroll on the 125 foot long dock watching the wind surfers a hundred feet away. No problem – the wind surfers are pretty blase, no gawking or pointing, though a few photos were taken.

One unique and delightful aspect on Bonaire is the sugar birds. Aptly named, they flock to small dishes set

out with sugar, often a dozen at a time, jostling and bumping for position, their long, dark beaks emerging from the bowl covered in white sugar, which they cleaned off with quick strokes of their tiny red tongues. They also love a bowl of fresh water, which they would drink or bathe in, splashing water all over. We delighted in watching their activity all day long. The packets of sugar we brought to the island for them were quickly exhausted, and we needed to get a re-supply on a shopping trip to town. Also visiting us on the deck were doves, sparrows, blackbirds, a colorful yellow oriel, mocking birds and lizards, and even the plovers from the beach.

On Monday, we joined eight other naturists on a snorkel cruise on the trimaran sailboat *Woodwind,* out to the wonderful reef at Klein Bonaire, a large island off the west coast of the main island. The nude snorkeling was fabulous—lots of fish (by the thousands), some Hawksbill and Green Sea Turtles, barracudas, needle fish, even an octopus were seen by the bare naked snorkelers. The crew treated us to a clothing-optional cruise around the bay, then gave an extensive briefing on what we would see, and the protocol for entering, snorkeling, and returning to the boat. Two guides accompanied us into the choppy water, along with Zsuzannna, the photographer. Her photos of we naturists swimming along and the wonderful varied sea life are among the real treasures of the day. Upon returning to the Woodwind, we were provided complimentary beverages and hot hors d'oeuvres.

To snorkel at Sorobon, we mostly waded out in knee-deep, crystal-clear water the several hundred yards to the inland side of the reef, or took one of the kayaks out and moored it to a buoy. We then swam about in chest deep or less water, winding our way around and through the many coral formations, watching the fish, large and small, and enjoying the tranquil and warm water. But even with temperature in the mid-eighties, we'd grow a bit chilled after an hour or so, and that was our usual limit, giving us plenty of time to watch the fish, and enjoy the dappled sunlight on the sandy bottom.

The daily rate included breakfast, an enhanced Continental affair, with soft boiled eggs, cereal, hot rolls, yogurt, toast or bagels, green oranges to squeeze for juice, sometimes muffins or pancakes or scrambled eggs, and a selection of cold cuts for sandwiches, for the European appetites, I suppose. And, of course, coffee or tea.

The on-site restaurant, "The Sugar Bird," also served lunch (around $10-12), and dinner ($25-30). A full service bar provided cocktails and wine or beer for the happy hours, or with meals. A palm tree grows up through a hole in the roof, and small, yellow birds may visit your table to glean crumbs. The resort held a "Bon Bini" party here on Wednesday at 5 p.m., with wine and a nice selection of snacks, served by roving waiters, a good time to meet and mingle with other naked guests. We always ate breakfast, and most dinners at the restaurant, and enjoyed the meals.

Perhaps three-quarters of the guests were European, with others from the US and Canada. I presumed the uncircumcised men were the Europeans.

The main office provides a selection of wine, soda, bottled water, bread and cheese for sale. In addition, a shopping trip goes to a supermarket in town on Wednesdays for those wishing to stock up on provisions. The hour in town was more than enough time to buy the few items we needed, as well as allow a quick look at several of the shops along the main boulevard.

One day, we rented a car to tour the island. The agency picked us up at Sorobon, took us to town for the formalities, and we set off. First we stopped in Kralendijk for some shopping, but did not find bargains in liquor typical of the Caribbean. I replaced a pair of river sandals that broke the first time I used

them in the bay with some diving shoes that provided great protection from the coral on the sea floor. One delight in driving on Bonaire – no traffic lights! Instead, they rely on "round-abouts" at major intersections, and stop signs elsewhere. Getting used to the Dutch symbols along the roadway took a while, but we had no problem getting around. Drivers need to watch the speed limit, too, since it is not high by our standards. Gas is expensive.

The island is not large, and is easily toured in a leisurely day. Much – no, all of it – is very dry, with scrub bushes ten feet tall or less, and cacti all over. The tallest plants inland are the Candle Cactus, skinny green cactus maybe 20 feet high at most. When driving, you had to be alert for the many goats running about, and the occasional donkey. We also spotted an iguana or two. The hot and flat southern end includes extensive condenser basins for salt production, several of which are a bright, pink color, contrasting with the stark white of tall pyramids of stored salt, awaiting shipment off island.

The length of the western shore of Bonaire includes more than 60 designated dive sites, right off the beaches. Each is numbered and named, and are described in guides and booklets available all over. We passed numerous groups in their black diving suits, getting ready to tour the nearby reef. When we drove along the eastern side of the island, and went down to the shore, we saw why no dive sites are designated there – an active surf crashed against small or large coral cliffs, making water access difficult and dangerous. The tranquil western shore is far more hospitable to easy entry, and includes many pleasant sandy, palm-lined beaches.

The northern end of the island includes the Washington Slagbaai National Park, with Gotomeer, a very large, shallow lake. There we ate lunch, and watched the pink flamingos wading and feeding in the water. At one place, the roadway ran along the shore, and the colorful birds were only a couple of dozen feet away. As the sun set, we stopped at the Rum Runners Restaurant in Hamlet Beach for an open-air dinner overlooking the bay to the west, and a fine seafood meal. As dusk deepened, divers entered the dark water for night dives, the water aglow with the green-white color of their lights.

One of the reasons we hurried to Sorobon this year was to take advantage of its naturist policy, before it changed later this fall. According to the web site and other patrons, many of whom are repeat customers, the resort will become a textile facility in October, 2010. However, people reported that in discussions with the owners, it will be open for naturists for some months in the fall each year, but not all year long, as it has been. Best to check with the resort when booking from now on, to see if you will be in the "clothing-optional" window, should you wish to stay there.

Saturday arrived, and our visit to Sorobon Beach Naturist Resort is over all too soon – we could have stayed for weeks, naked and content. "It's easy to get lazy here," someone said.

The van arrived for the brief trip to the airport, we paid our $35 exit fees, and stood on slow-moving lines through two sets of security and immigration, then more waiting in a crowded terminal for the Delta plane to arrive. The flight back to NYC treated us to a movie, but I preferred watching the orange and blue sunset, then the myriad twinkling lights along the East Coast, and a brief look at the city's glow as we landed at JFK.

Sorobon Farewell.

The REAR Insider Nudes

Internaturally Members
PHOTO EXCHANGE
JOIN AT WWW.INTERNATURALLY.COM/MEMBERS

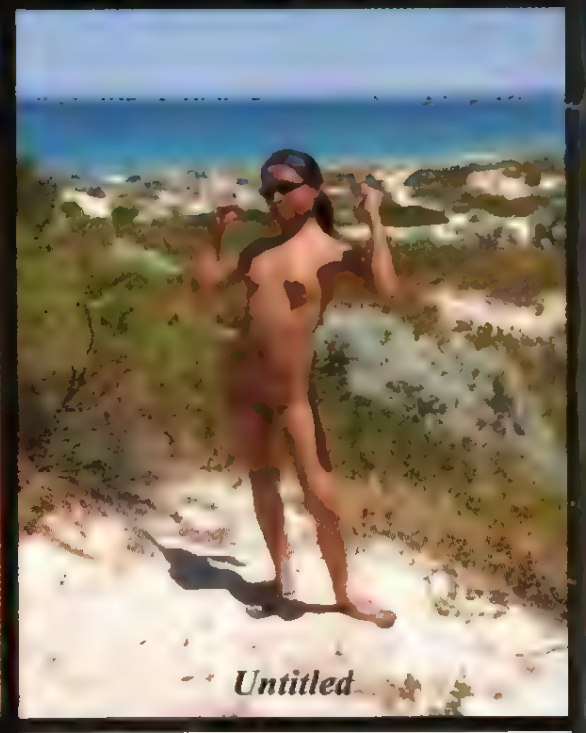
JOIN OVER
8200 MEMBERS
IT'S FUN & FREE!

Internaturally Members
COMMUNITY FORUM
JOIN AT WWW.INTERNATURALLY.COM/MEMBERS

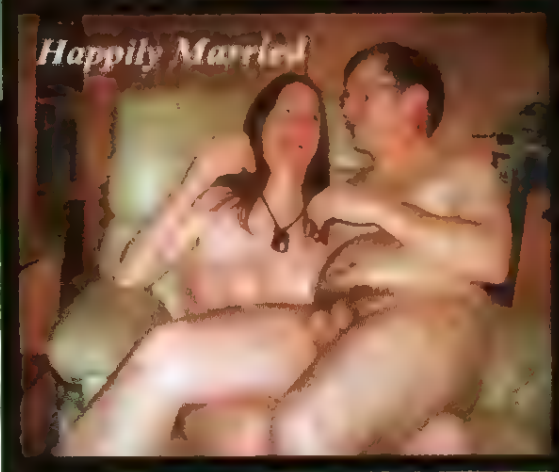
Oaklake Trails in Oklahoma, 2010

Provence, France: Swimming in the Lake of Castillon.

Beach of Flatterentura

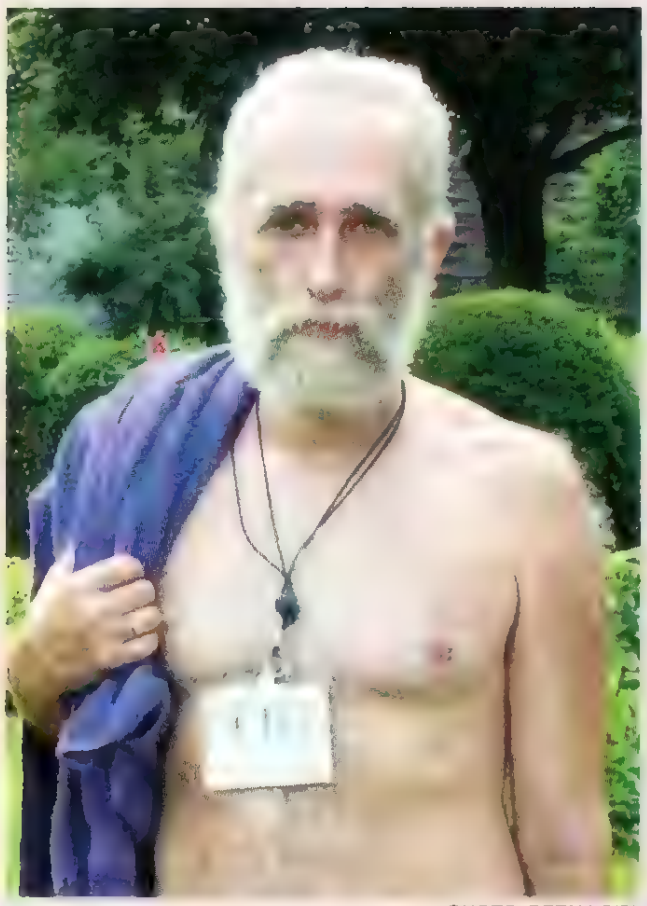

Untitled

Rock Lodge


Happily Married

Black Beach, Canada

Me and Madeline Easter portrait – Gus Toole



PHOTO–BERN LOIBL

Going Natural Editor Paul Rapoport bids us farewell

For nearly 13 years, I've edited *Going Natural* magazine for the Federation of Canadian Naturists, the last five years with an excellent Francophone co-editor. The summer 2010 issue, which just came out, is my last as Editor. I hope to assist whoever takes over with whatever the magazine becomes.

My work in naturism may involve more research and writing but less editing and managing. I have non-naturist projects to carry out also.

The FCN is in the process of deciding how to continue the magazine. It will probably involve both print and digital media, as it does now. Neither the FCN nor the magazine is going away!

With kind regards,

Paul Rapoport

Dear Paul,
We are saddened to hear that you're leaving *Going Natural*. You will be missed. Your importance to the naturist community cannot be overstated.

GN has become a vital international voice for naturism under your care – a visually appealing, informative, and intellectually stimulating magazine. Well done! You leave behind a high standard and grand legacy of leadership, innovation, and positive naturist values to the Federation of Canadian Naturists. We can only hope that your successor will be equally up to the challenge that such a commitment represents, although that will be a daunting task. It's good to know that he or she will have the benefit of your consulting and a great staff to ensure a smooth transition.

We wish you all the best in your future endeavors and hope to see you again soon.

Kudos from Bern & Sherry at Internaturally and Naturally *magazine*

PHOTO – LEIF HEILBERG

Seeing Private Brian

Our former Internaturally administrator, Brian Ballone, writes: "Saw Leif Heilberg [naturist photographer] in San Francisco last Sunday at the Bay to Breakers. Was difficult to miss him. He was standing in the middle of the street so he could throw his body (and camera) in front of anyone doing the Bay to Breakers naked.

Was very cold the day of the race. Not many Bare to Breakers running, but enough. Looked even more sparse once everyone spread out into the various time divisions. I am sure that since Leif stood in the middle of the street he probably got everyone's picture.

Participating in the Bay to Breakers was just ok. Doubt I would do it again. Wouldn't recommend that anyone go specifically for the race itself.

I finished in the walking slow pace in a little over three hours.

I ended up wearing just a long sleeve shirt open and a hat just to stay just warm enough to be naked. Was the coldest visit to San Francisco for me.

Also saw Claudia. She said hi to you."

BLOG IT!

Living Nude on Tiger Mountain

blog.seattlepi.com/livingnude/

I live year-round in a rustic cabin at Fraternity Snoqualmie Family Nudist Park on Tiger Mountain (FS). Half the year we are surrounded by naked people, the other six months are quieter and more clothed. Living nude is very normal and ordinary to me, but I wonder what other people think about social nudism. This blog will shed some light on the different realities of social nudism, seen through the context of my life at FS.

1974 Fraternity Snoqualmie photo by Leif Heilberg

JUNE 2, 2010 – Cabin Fever. You feel it too. Up here on Tiger Mountain, the dripping and raining and blowing and rivulets continue on as it does in Seattle and the suburbs. There hasn't been a whole lot of social nudism. A few hardy people visited over Memorial day; I think they took the opportunity to take some long hikes up Tiger mountain. The club is very close to several trails and trailheads, and it's well placed to make excursions onto the mountain. Plus there is the draw of a cooling swim or warming hot tub after the hike. Perhaps we should find a way to encourage more hikers to become club members. Since there are few nudists, we have been watching birds instead. This year we've seen many birds that are new to us. Black-headed Grosbeak, young Grosbeak, Cassis Finch, Cedar Waxwing, Western Tanager, and Cowbirds. Plus our old friends the Piliated Woodpecker, Downy Woodpecker, Flicker, Oregon Junco, Black Capped Chickadee, Some Other Chickadee, Rufous Sided Towhee, Stellar Jay, Nuthatches, and those green and red hummingbirds.

World Naked Bike Ride - San Francisco

by Leif Heilberg

The weather forecasts predicted good weather for Saturday, June 12, and they were proven right. Around 87 degrees Fahrenheit, blue skies, brilliant sunshine, warm winds (off-shore, high pressure), ideal for nude bicycling.

After a month's promotion with posters, fliers, and personal contacts, we expected a good turnout well stacked with new participants. After a slow beginning, it ended up as expected.

By 11 a.m. only two bicyclists had arrived, and they stayed on the eastern side of the Vaillancourt fountain; one stripped and briefly posed for pictures. By 11 a.m., the Face FX body painting tent had been erected, all its equipment set up by Ken and Bernice Franklin, and now around 20 bikers were present, but no nudes yet.

After this, with body painting being popular, and with steady arrivals of more bicycle riders, gradually an ever larger number of them took off their clothes, either partly or wholly. The hot weather was inducing nudity, and a good proportion of the riders were gay, and some exhibitionistic tendencies were flaunted.

At departure time, just after 1 p.m., approximately 120 bicyclists were counted, and among those there were four women. One was nude, two were topless, and one was in a skimpy bikini. Another two women were seen when the crowd rode away, one fully dressed, and another in light summer wear. The one and only nude woman was actually a nudist and had come to take part in the event with her nudist husband, Rich Pasco, editor of the Bay Area Naturists' newsletter.

Then the crowd left on its tour through many sections of San Francisco, starting with the Embarcadero and Fisherman's Wharf and exposing the unsuspecting public to a spirited display of nudes on bikes.

Birthday celebration at Turtle Back Mesa

For 2010 Marlyn and Ernest decided to invite a few nudist friends to Turtle Back Mesa to celebrate their birthdays. The weekend chosen was April 24-25.

Ernest writes: For the pot luck meals friends were to prepare special dishes based on their ethnic background.

Marlyn wanted to have a Maypole Dance so she spent a couple of weeks building a staircase down from the hot tub section down to the meditation room area.

The Maypole was installed along with an in-ground fire pit. Marlyn then built benches for everyone to sit around the fire pit.

Claudia stirs up some heat.

The weatherman cooperated, the choices of food for our meals was exceptional, and the hot tubs and pool were in constant use. A few of us even went for a hike.

A total of 23 great friends came and made this a very Special Birthday Celebration for us.

Naturally, Ernest

TURTLE BACK MESA, PO Box 8038, Palm Springs, CA 92263 • 619-347-5358

A fearless encounter

Internaturally's Bern & Sherry looked in on this year's Eastern Gathering in Pennsylvania, where they bumped into Dennis Craig Smith, author of "Growing Up Without Shame," which Internaturally has been proudly distributing for many years. It was a distinct honor and a highlight for us to chat with Mr. Smith. We also discussed his new book "Naked Fear," a study about the contradictions in law and public attitudes about nudity, which is now available for $17.95 (add $3.05 p&h) from: Ultraviolet Press, PO Box 56701, Riverside, CA 92517. We highly recommend it.

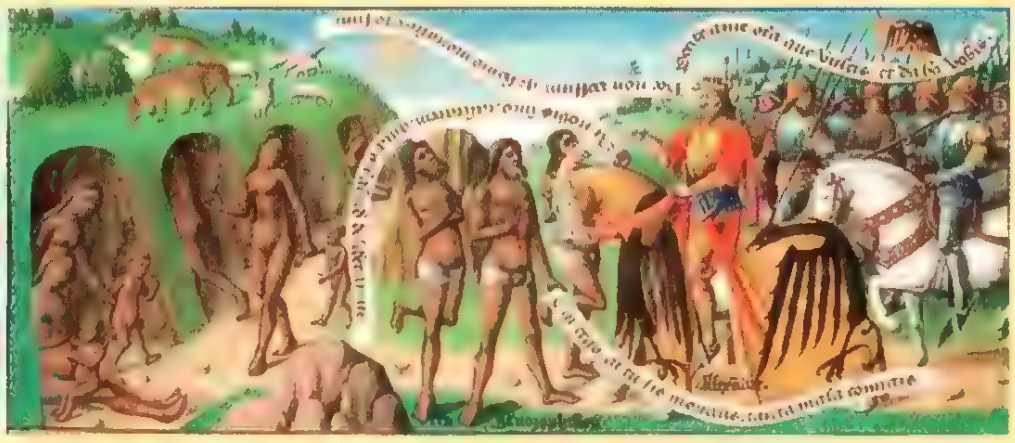
Link up for solid naturist traffic!

If you have a Web site, you can link up to www.internaturally.com and get a reciprocal courtesy. The benefits to both you and Internaturally are increased visibility by Internet search engines. So, why not make it a point to support your naturist and nudist friends? Put a link in your Web site to www.internaturally.com. Let us know you've done it with an email to naturally@internaturally.com, and we'll reciprocate. Be sure to include the link address to your site. Thank you.

No Wake Charters for sale

Boat and business for 25K. If you know of anyone looking for an incredible lifestyle change, a successful business and a great live-aboard sailing vessel in excellent condition, tell them about No Wake at nowakecharters.com or at keywestnudesailing.com, or call Capt. Ran at 305-304-5084.

Note: No Wake Charter can also be seen in the video *Florida Naturally* from Internaturally.



A Brief History of Nakedness

BOOK REVIEW, BY PAUL LEVALLEY

Philip Carr-Gomm. *A Brief History of Nakedness.* London: Reaktion Books, 2010. 286 pages. $29.95.

The title is misleading. This is not a shortened version of everything. (The Greeks, for instance, are missing.) Instead, the author delves into three related topics: nudity in religion, nudity as a form of political protest, and the acceptance of nudity in today's popular culture. And he does a pretty good job on all three.

In the first chapter, we learn that modern witchcraft and Druidry grew as much from the nudist movement as from ancient tradition. The coverage of India's religions in the second chapter is especially strong. Jewish and Christian nude traditions also get solid treatment.

Then the author turns to recent decades to explore nudity in political protest – everything from naked peace signs, to breast-feeding, to animal rights. We are treated to a British perspective on American prudery.

Carr-Gomm traces nudity in popular culture from the Sixties to the present. Anyone who has been following the nudist press will be familiar with most – but certainly not all – of the examples. The author has done a useful service in gathering up and preserving these passing news stories. Here, we can even read about such hard-to-find topics as nude ballet and nude opera.

The volume concludes with a short personal essay on the author's naturist experience, and how he came to research and write this work.

A Brief History of Nakedness makes interesting reading, and provides a handy compilation of unclothed history even as it is happening today. Go ahead, add it to your bookshelf.

Bare Dare 5K

Caliente Tampa, the upscale adult clothing-optional resort in Land O'Lakes, Florida, will host its inaugural "Bare Dare 5K," a running race that will take athletes around the 125-acre property, on October 10 at 8:30 a.m.

Though other nudist clubs have hosted clothing-optional races for years, the Bare Dare 5K will be a first for Caliente, which opened its 30,000 square-foot clubhouse and sprawling lagoon-style pool in 2004, redefining luxury nude recreation in North America.

"We're very excited about this inaugural event," said Caliente marketing director Deb Bowen. "It's a great way for first-timers to dip their toe in the water of nude recreation."

Caliente is a natural to host a 5K event and not just because the resort features a 2-mile walking trail that will be a major part of the course. The resort already is a favorite of fitness enthusiasts because of its huge modern fitness center, co-ed locker room, steam room and sauna. There's a full-service spa and a multipurpose room used for classes in yoga, Pilates, and Zumba.

The Bare Dare 5K will be the first clothing-optional event held in Florida in October. The weather is still warm, especially early in the month, but does not feature the oppressive heat of late summer. The race date does not conflict with textile running races and triathlons in Tampa Bay, a hotbed of endurance events.

North America is in the midst of a third running boom, which some attribute to the recession that began in 2008. As Americans have been forced to take greater responsibility for their finances and health care, they've naturally gravitated to an inexpensive sport that welcomes newcomers of all abilities.

Nude running has also benefitted from the barefoot running trend popularized by the best-selling book *Born to Run*, which showed why most athletes run improperly because of thick-soled running shoes.

Barefoot runners, as well as those who train with barefoot-like shoes such as the popular Five Fingers, strike the ground with the balls of their feet, which causes the ground forces to dissipate through the body. Many runners tend to strike with their heels, causing the joints to absorb the force.

Most barefoot runners train on grass and wear some sort of footwear on concrete and asphalt. Footwear – and sunscreen – is recommended for the Bare Dare 5K.

Caliente is waiving its customary daily grounds fees for registered runners, who can sign up for the event at www.imathlete.com. The resort also is offering a 20 percent discount on hotel rooms to runners for the weekend.

Many runners are attracted to a nude 5K for the novelty only to become regulars. Competitor magazine recently listed running a nude 5K among its "bucket list" for endurance athletes.

Some runners have been attracted to the Caliente race because of its unique date: 10/10/10.

"That only comes around once a century," Bowen said. "It makes sense that you'd want to do something memorable."

Announcement and photo – Pete Williams

Sherry rarely dresses when our neighbors stop by for a visit at Internaturally. Meet Brooks and Barkley, our two lab friends that come by almost daily for doggie biscuits, which we keep on hand just for them.

Check out Sherry's new Worldly Wall calendars that she personally designed.

Internaturally Calendars Across The Globe With Bern & Sherry

CI01 - Worldly Guys	**$25**
CI02 - Worldly Girls	**$25**
CI03 - Worldly Friends	**$25**

(Postage & handling add $3 for one and $1.50 each additional)

WHAT'S NUDE NOW?

New products and specials from Internaturally!

Water Games at Ferda
We believe everyone loves to play in the water. What do you say?
VQD92 DVD $70.00

At the Terlice Reservoir
We took a trip to the water reservoir. Have a look at what we saw and did.
VQD93 DVD $70.00

Poruba Girls Afternoon
Time spent by a little pool - girls only – merry-making, that is what we experienced, and much more.
VQD94 DVD $70.00

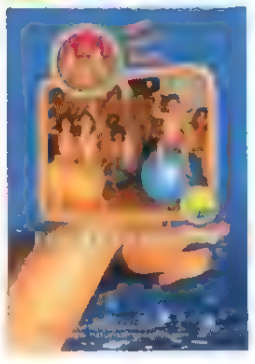
Miss Hawaii
Wow, Hawaii outside Hawaii... that is quite a sight. We managed to bring it's spirit over here and we had a wonderful and happy time.
VQD95 DVD $70.00

Chateau Pool
Isn't it wonderful to have a swim in a chateau swimming pool – beautiful surroundings, warm bubbly water, and festivity? That is how we spent the whole day in such a setting.
VQD96 DVD $70.00

The Horal Whirpool
Sunday afternoon in a whirlpool and sauna, together, with the time to relax, that was the idea a great day of leasure.
VQD97 DVD $70.00

Games at a Meadow
Everybody loves playing in a meadow; we certainly had a great time.
VQD98 DVD $70.00

Femm Club Vitkovice
So, we finally found the time for exercise, girl talk, and to do something special for ourselves!
VQD99 DVD $70.00



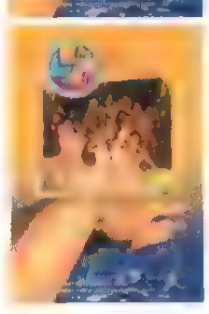
Everybody Playing
Who while playing does not misbehave? It was really everybody. Just have a look!
VQD100 DVD $70.00

Christmas Time
Christmas is special time of gatherings, joy and happiness. The girls agreed to spend a very nice afternoon together, with dancing and singing.
VQD101 DVD $70.00

Bunnies and Pussycats
Everyone loves bunnies and pussycats. See for yourself how they can enjoy life and play together!
VQD102 DVD $70.00

At the Cottage with the Ziga Family
What a wonderful time we have when mummy finds the time to play with us.
VQD103 DVD $70.00

One Day at the Castle Fantasia
Everyone wishes to spend a day at a castle. Come let us share with you the fantastic fantasy time we had.
VQD104 DVD $70.00



Crimean Skies are Blue Again
The sea is warm and welcoming, the sun is high and bright, our frinds have traveled south again to seek the brightest light. Yes, it's already been one year since we were here last, and everything is in place for a new season of fun and games in the most extraordinary landscapes and seascapes of our favorite destination — the Crimea. It's time to let our hair down then and seek out those exhilarating experiences that will rebound in images and sounds, as we play and sing and dance across the deserted shores and mountains, happy to say with full conviction, yes, the Crimean skies are really blue again.

VID36 DVD $70.00

Horses & Other Planets
Always looking for new ideas and new format, the Ukrainian Naturist Organization undertakes another saga in the Crimea, a little before the main summer season has already gone underway. A trip to a Tartar stables in the nearby mountains gives rise to a fabulous trek in lush green forests and against mountain landscapes, all naturist-style, of course. And another day when rain keeps us indoors, we continue our long-term project of the THE PLANETS, with some of our younger friends giving vent to their imaginations as they draw and paint their own dream versions of the planets of our solar system. So, another original film is completed, and we hope you will be pleased as we continue our forward steps with horses and other planets.

VID35 DVD $70.00

New Crimean Dreams
After ten years of holidaying in the Crimea, it is sometimes difficult to justify yet another trip, although once again the atmosphere of peace and tranquility, and that of fun and games, always attracts us like some sun-powered magnet. This film explores once again the endless vistas of rocks and deserted beaches, and our friends from the Ukrainian Naturist Organization do their best to make the holiday original and fun-soaked, as always, living out once again what can only be described as new Crimean dreams.

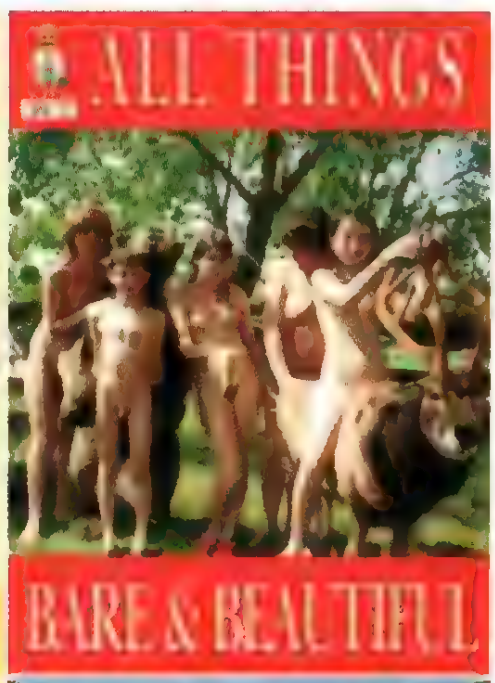
VID34 DVD $70.00

Happy Birthday Luiza!
Today is a very special day for one of our younger friends, Luiza, who celebrates her 12th birthday down by the Black Sea. It's a very special age of course for all of us, growing up and starting out in life, and some of our friends from the Ukrainian Naturist Organization come together to make it a very special event for Luiza. A cake on the beach, a few games, and when an unannounced storm upsets the outdoor fun, we transfer to our home where the games continue into the evening, where an impromptu disco rounds off what was a perfect day, as we all say with sincerity: Happy Birthday Luiza!

VDD33 DVD $70.00

Sailing Naked Into Summer Cruising down the river on a sunny afternoon is always great fun, and when it involves a full-scale model of an old paddle-ship named the MISSISSIPPI, well, who could resist its charms? The Ukrainian Naturist Organization set up another lazy crazy day on the river as the first days of summer begin to open our hearts and our bodies to the warm rays of the sun, and a few families test the waters and the beaches of our favorite venues around Kiev.

VDD32 DVD $70.00



ALL THINGS BARE & BEAUTIFUL This new film brings naturism and naturalism together, with naturist families playing at being naturalists with pet animals, a visit to the local zoo, and lots of games and ballets of a none-too-serious nature, as always, with our friends from the Ukrainian Naturist Organization.

VDD30 DVD $70.00

Natural Eyes What better way to see the natural wonder of our world than through the natural eyes of a natural child? The concept of this new film idea is precisely that: natural scenes shot with the natural candor of a child. All the video sequences here were shot by children or young people using non-professional cameras and techniques, but we believe their freshness and spontaneity make them worthwhile viewing, as much as any of our professionally shot titles. There are also several photo/music montages that express in their own way the beauty of natural bodies shot in natural landscapes, captured by the natural eyes of well-known naturist photographers.

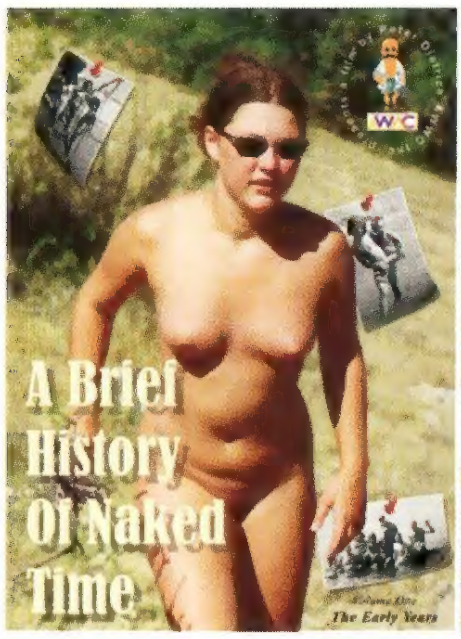
VDD31 DVD $70.00

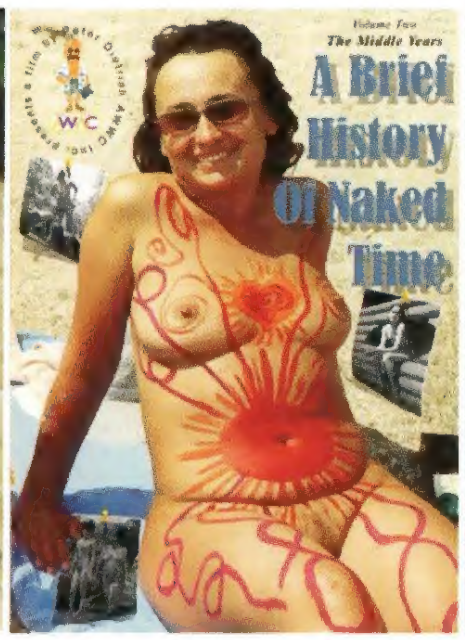
Song & Dance Talent Show
Naturist men women and children show off their talents on this beach side show, including a lively puppet show. (Running Time: 60 minutes)

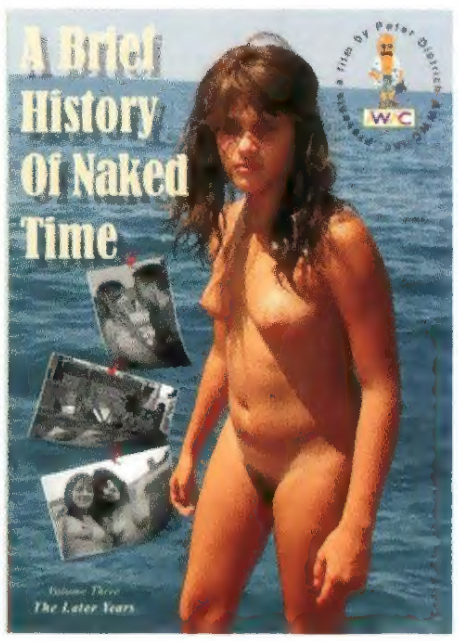
VBD101 DVD $70.00

Naked Tracks Across The Crimea
Running, dancing, playing music and lounging naked along the Crimean Sea. (Running Time: 60 minutes)

VBD100 DVD $70.00







A Brief History of Naked Time - Volume One - The Early Years Time passes, our children grow, but our memories remain constant like flowers in the sunlight. This film is a collection of memories, all taken when life was like a new promise. Many people who have been watching our films over the last 10 years have asked what happens to the unused footage that does not get into the final cut, so this is an offering to that curiosity. For the first time we present here many scenes that were not used, scenes that convey the fun and beauty of our early trips to the Crimea. We hope that all the joy of our early years will come alive again with this special collection of unseen memories. 60 mins.

VID27 DVD $70.00

A Brief History of Naked Time - Volume Two - The Middle Years The second volume of our history and memories takes us again back to the Crimea, with a beautiful mountain walk, then to Kiev and Odessa, both important landmarks in the story we are constantly living with the Ukrainian Naturist Organization. Here, again, we can see and feel the years go by as our children get bigger by the season, but our unabashed fun and enjoyment remain constant. On the beaches and in the saunas, on the rocks and in the sea, these never-before-seen segments will let you relive all the beauty and happiness we have recorded over time. 62 mins.

VID28 DVD $70.00

A Brief History of Naked Time - Volume Three - The Later Years Time waits for no man, as the old expression goes, but time can be recorded as it drifts by us in our lives, and this last volume of our naked history is a record of time, mostly good times, we have spent in the sun. The later years have seen us very active in the resort town of Koktebel, and now we bring you many more memories and unused scenes of our past summers, with cruises and beaches and festivals, a new kind of "making-of" that we are certain you will enjoy as cameras on the side recorded the author at work in various situations, and all in all this trilogy is a veiled homage to the author, as well as being our unique brief history of naked time gone by. 62 mins.

VID29 DVD $70.00

Just in: THREE NEW TITLES BY PETER DIETRICH

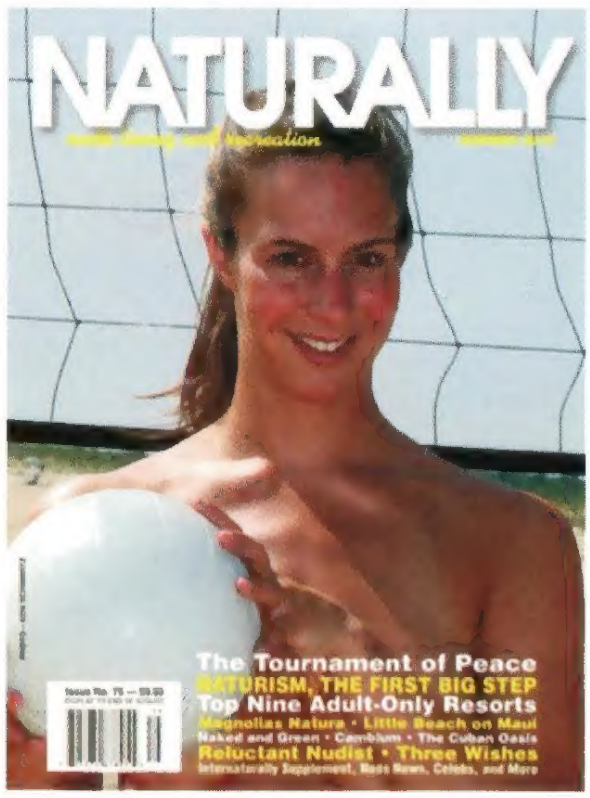
VID37 - GREAT BALLS & NAKED FIRE

VID38 - MARS & MUDDY MERRY-MAKING

VID39 - MILES & MILES OF CRIMEAN SMILES

$70 each

(Postage & Handling for DVDs – add $6.00 for one, add $2.50 for each additional)



Subscribe to *Naturally* or renew/extend your subscription and take 5% off any purchase from Internaturally.

Why take the chance of *Naturally* being sold out on newsstands? A subscription guarantees fast delivery direct to your home or other address choice. You also save over newsstand prices, in addition to automatic discounts when you purchase books, videos, or other naturist magazines from Internaturally.

☐ One Year (4 issues) $32.95
☐ Two Years (8 issues) $59.00
☐ Three Years (12 issues) $79.00

Name:_____

Address:_____

City:_____

State:_____ Zip:_____

Back issues available for $9.95 each.
(add $3.00 for one, add $1.50 each additional.)

Send check, m.o., Visa or MC to:
Internaturally
PO Box 317, Newfoundland, NJ 07435.

Internaturally Calendars
Across The Globe With Bern & Sherry

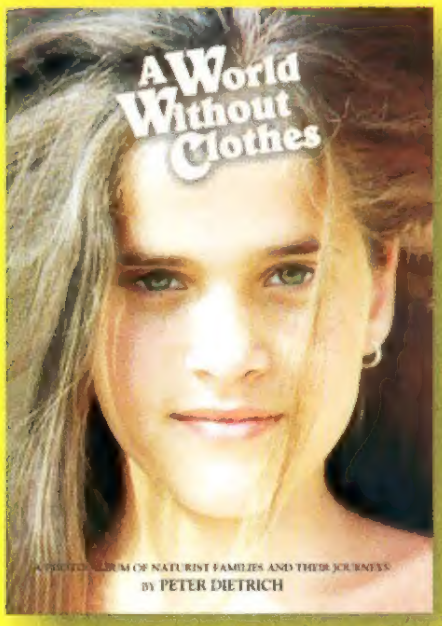
CI01 - Worldly Guys $25
CI02 - Worldly Gals $25
CI03 - Worldly Friends $25
(Postage & handling add $3 for one and $1.50 each additional)

brought to you by:

Internaturally
PO Box 317, Newfoundland, NJ 07435
Phone: (973) 697-3552
www.Internaturally.com

NOW CHOOSE FROM 39 NAKED VIDEO ADVENTURES

AND THE PHOTO ALBUM OF THE STARS



large 10 x 14 inch book – 120 pg
Also available as an Ebook

A World Without Clothes

A PHOTO ALBUM OF NATURIST FAMILIES AND THEIR JOURNEYS – HARDCOVER

BY PETER DIETRICH

THE BOOK
Now only $49.95

(add $12.00 shipping and handling,
Canada & Mexico add $21.00; overseas add $31.50)

A WORLD WITHOUT CLOTHES (AWWC) DVDs

DISTRIBUTED EXCLUSIVELY THROUGH INTERNATURALLY, INC.

AWWC DVDs from Internaturally
Now only **$70.00 each**

Include $5.00 postage & handling for one, add $2.50 for each additional DVD.
(Canada double postage; overseas triple postage.)

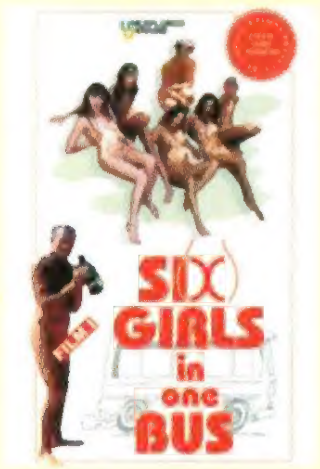
PRODUCT NUMBER	TITLE
VDD39 DVD	Miles & Miles of Crimean Smiles
VID38 DVD	Mars & Muddy Merry-Making
VID37 DVD	Great Balls & Naked Fire
VID36 DVD	Crimean Skies are Blue Again
VID35 DVD	Horses & Other Planets
VID34 DVD	New Crimean Dreams
VDD33 DVD	Happy Birthday Luiza!
VDD32 DVD	Sailing Naked Into Summer
VDD31 DVD	Natural Eyes
VDD30 DVD	All Things Bare and Beautiful
VID29 DVD	A Brief History of Naked Time III
VID28 DVD	A Brief History of Naked Time II
VID27 DVD	A Brief History of Naked Time I
VDD26 DVD	We Are The World II
VDD25 DVD	We Are The World
VDD24 DVD	Naked Trick, Naked Treat
VDD23 DVD	It's a Wonderful Job
VDD22 DVD	Christmas Cheer and a Happy Naked New Year
VDD21 DVD	Beyond 49 Steps
VDD20 DVD	Naked Art of Body Art
VDD19 DVD	Fun Filled Family Festival
VDD18 DVD	The United Colors of Naturism
VDD17 DVD	The Show Must Go On - Ever Naked
VDD16 DVD	Eastertide - Birth of Spring
VDD15 DVD	Dressed with a Smile
VDD14 DVD	ABC Let's Be Free
VDD13 DVD	Sing a Song of Naked Freedom
VDD12 DVD	49 Steps Toward a Naturist Dream
VDD11 DVD	Naked in a Winter Wonderland
VDD10 DVD	Summertime Pot Pourri
VDD09 DVD	The Gods Are Still Naked
VDD08 DVD	You Can't Do This With Your Clothes On
VDD07 DVD	Where The Beach Fun Never Ends
VDD06 DVD	Kicking Off The Kiev Summer
VDD05 DVD	Bare Black Sea Adventures
VDD04 DVD	Once upon a naked time... in Crimea
VDD03 DVD	Fun in the Crimean Sun
VDD02 DVD	Summer Is A-Coming-In Odessa
VDD01 DVD	Let the Sun Shine

brought to you by:

Internaturally

PO Box 317, Newfoundland, NJ 07435
Phone: (973) 697-3552
www.Internaturally.com

VHS TAPE CLEARANCE



Six Girls in One Bus Unexplored Ukraine

VHS DISCOUNT: Film by Andrii Litovchenko of the Kiev Commonwealth of Naturists takes you on naturist expeditions in different parts of Ukaine. The viewer follows six girls and one cameraman to the Crimean Grand Canyon and a small lake. They visit the archeological dig of an ancient city and a watermelon plantation. They make a few first hesitant steps at a diving school and then try to use their fresh knowledge in the sea. Approx. 60 mins.

VKC09 VHS **Now Only $10**
(p&h $7.50 for one $3 each additional.)

Mexico Sol

The first film, produced jointly by Internaturally Travel, Internaturally, Inc. and International Naturists Association. Join the crew as they investigate rustic and luxurious nude accommodations in Mexico. Sherry, Corey, and Red are your guides to four clothes-free resorts in the Yucatan Peninsula. You'll also see downtown Cancun during spring break week and climb the Mayan pyramids. Sherry hosts an interview with the Sequoian Naturist contingent who were at Caribbean Reef Club during our visit. Quite an adventure! 56 mins.

VI03 VHS **Now Only $10**
(p&h $7.50 for one $3 each additional.)

Going Natural – Summer 2010

Official journal of the Federation of Canadian Naturists

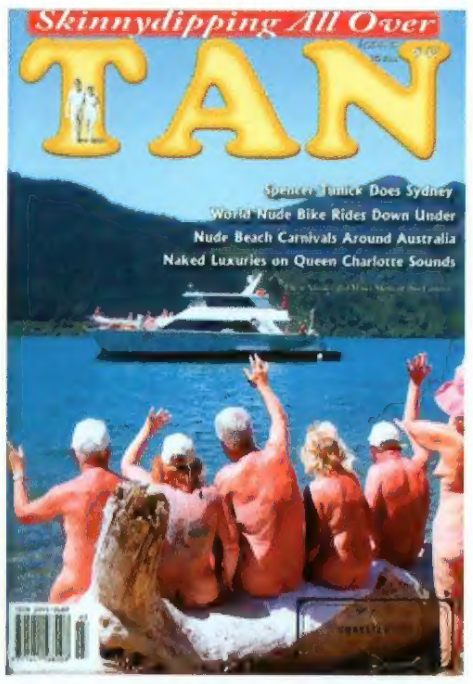
Beaconia Beach struggles • Naked in Canada, France, Brazil, and the Caribbean! • Drawing, photo, and video projects • Plus news, views, & reviews of nude living

GN25.2 magazine $9.50
(p&h $3 for one, add $1.50 for each additional.)

N Magazine – Summer 2010

Hiking the Pacific Crest Trail
San Onofre Part II
Hangin' Loose

NN29.4 magazine $15.00
Current issue and back issues available here.
(p&h $3 for one, add $1.50 for each additional.)



TAN 46 - August 2009

Spencer Tunick does Sydney • World Nude Bike Ride Down Under • Nude Beach Carnivals Around Australia • Naked Luxuries on Queen Charlotte Sounds

MTN47 magazine $18.50
(p&h $3 for one, add $1.50 for each additional.)

H&E Naturist – August 2010

UK SPECIAL: More news from top clubs, plus essential beach maps. Row over "sexy clothing:" is naturism the answer? World Naked Bike Ride: Reports from Around the Globe.

MH10.8 magazine $15.00
(p&h $3 for one, add $1.50 for each additional.)

Gonatural - June 2010

World Naked Bike Ride • There's Nothing Like Australia • Golden Bay • Central Otago • Hawkers Bay • Naked at the Cidney Opera House

MZ213 magazine $12.00
(p&h $3 for one, add $1.50 for each additional.)

British Naturism - Summer 2010

Man from the Mercury dips his toe in naturist waters. Blackpool weekend report. Broadlands' 75th birthday. Photo competition winners?

BN184 magazine $15.00
(p&h $3 for one, add $1.50 for each additional.)

Naturism in Spain

VHS DISCOUNT: Here is a marvelous video that introduces you to those magnificent Spanish naturist resorts and the people who enjoy them. Visit El Templo Del Sol, El Portus, Natsun, and the phenomenal Costa Natura. It's in English, so everybody can benefit from this excellent naturist production. Approx 45 min.

Sale VI01 VHS only $10.00
(p&h $7.50 for one $3 each additional.)

The Air Chair – one of the most comfortable sitting positions that any chair at any price can offer you! The Air Chair is designed for both indoor and outdoor use. Each chair is equipped with armrests, cup holder, matching foot rest, and tote bag.

Was $165 – Now Only $55 – free shipping.

Magnolias Natural

Play in Sahara sand dunes at lunchtime, then sit in a lush tropical garden for dinner when you join us in Gran Canaria, Canary Islands...

March 12 – March 19, 2011

Cost per Single: $996.00 Cost per Couple: $1,110.00

Internaturally TRAVEL

PO Box 317, Newfoundland, NJ 07435-0317 USA
www.Internaturally.com
phone: (973) 697-8099
fax: (973) 697-8313